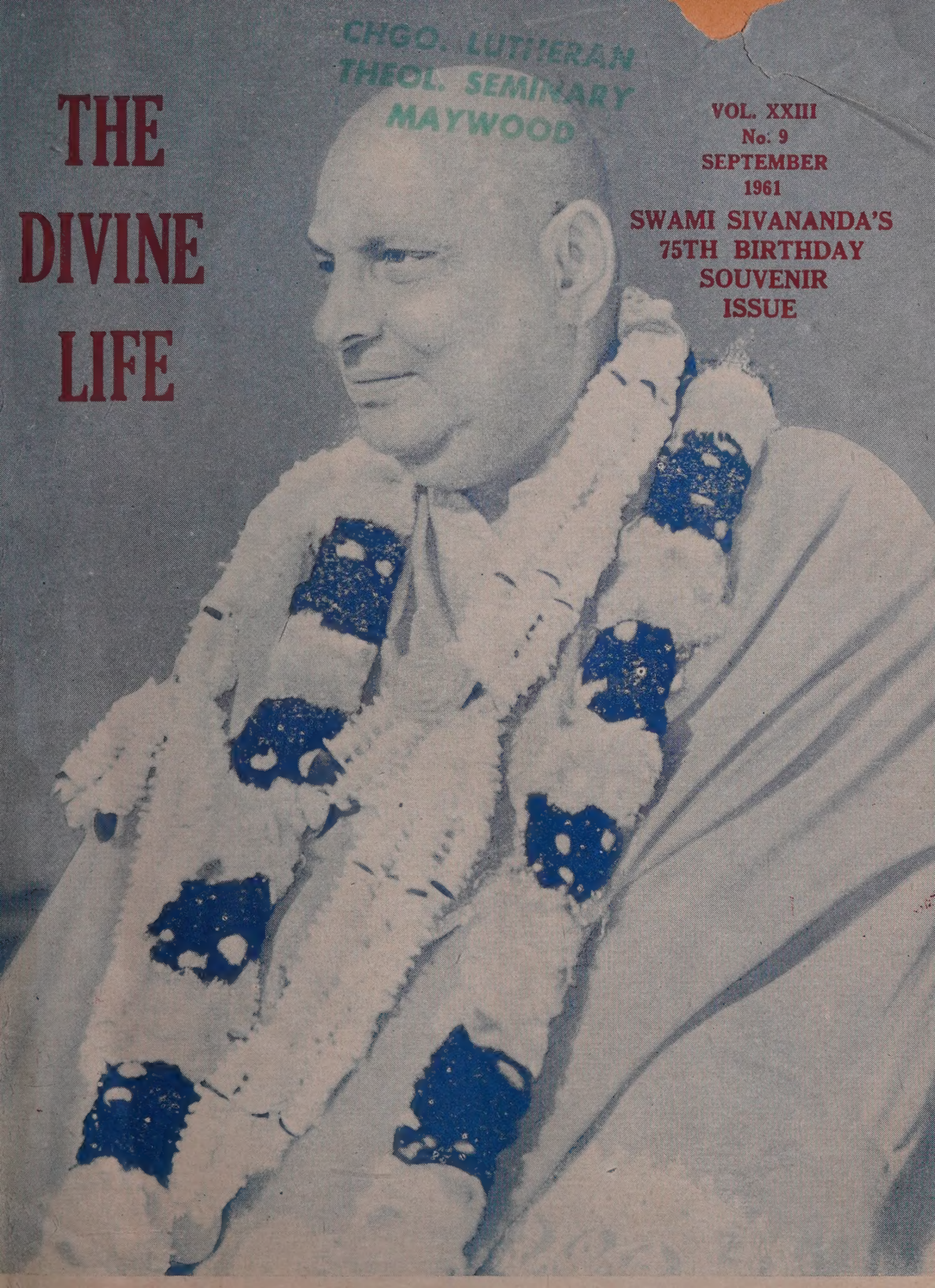


# THE DIVINE LIFE

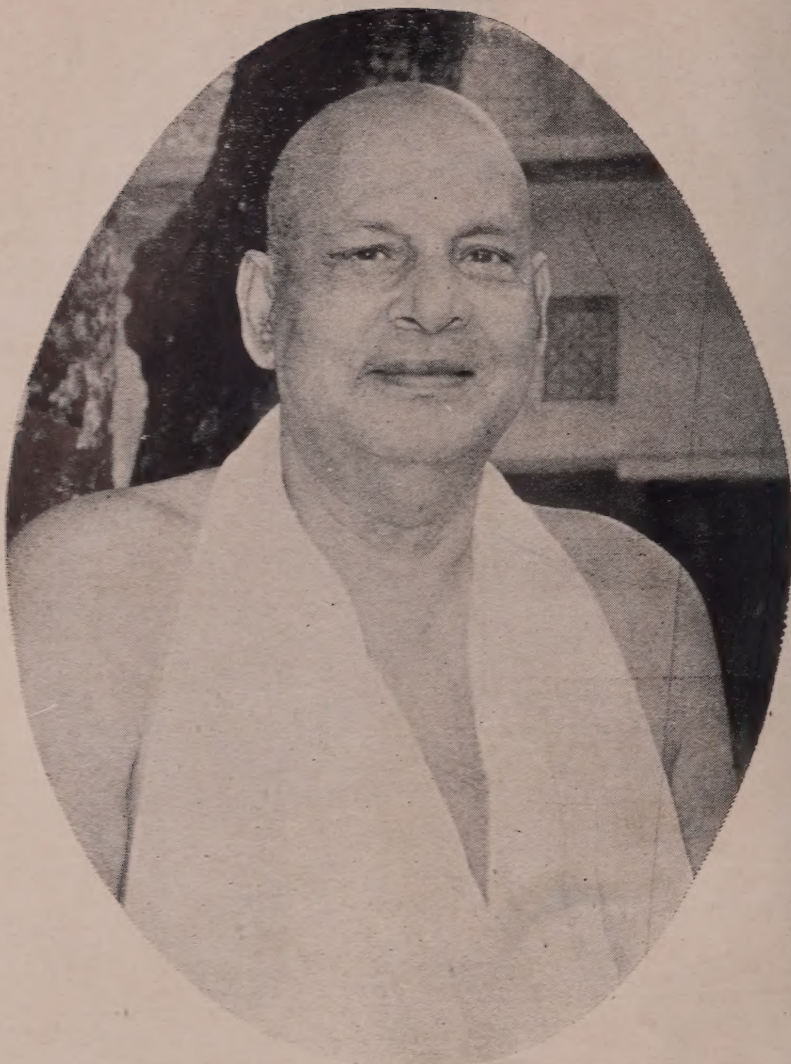
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SWAMI SIVANANDA'S  
75TH BIRTHDAY  
SOUVENIR  
ISSUE







सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।  
सर्वे भद्राणि पश्यन्तु मा कश्चिद्दुःखभाग्भवेत् ॥

May the whole world be happy;  
May all enjoy best of health  
and be free from diseases;

May all see auspiciousness in life;  
May none be sharer of pain.

—Swami Sivananda.



# DIVINE LIFE

VOL. XXIII

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Swami Sivananda's 75th

Birthday Souvenir Issue

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## Salutations to the Guru

यस्य देवे परा भक्तिर्यथा देवे तथा गुरौ ।

तस्यैते कथिता ह्यर्थाः प्रकाशन्ते महात्मनः ॥

He who has supreme devotion to the Lord and as much devotion to the Guru, to him, the great-souled One the Truths explained here, will become clear.

काशीक्षेत्रं निवासश्च जाह्नवी चरणोदकम् ।

गुरुर्विश्वेश्वरः साक्षात् तारकं ब्रह्म निश्चयः ॥

The place where the Guru lives is the Kashi Kshetra, his feet-washed water is Ganga. The Guru is Lord Vishvanath personified and his words indicate the Taraka Brahma.

यदनुग्रहमात्रेण शोकमोहौ विनश्यतः ।

तस्मै श्री देशिकेन्द्राय नमोऽस्तु परमात्मने ॥

By whose blessings alone the two veils of sorrow and delusion are destroyed to that Supreme Lord and Saviour I prostrate.

—Guru Gita.



## *Seek, and Thou Shalt Find*

Truth is always very simple. There is no mystery about it. The mystery is in the mind that is guided by relative experiences. When the mind transcends the apparent, its understanding is progressively widened into cosmic consciousness.

You feel that you exist, because God is in you. You feel that the world is animate, because God is in it. Death does not please you, because perpetual existence is your real nature. You do not wish to be hated, because love is the sustaining grace of life.

Ignorance you seek not, because your real nature is all-encompassing knowledge. Suffering you do not welcome, because all-blissful is the nature of the soul.

You have come to this world to know yourself, to understand others, to help one another, to work out your salvation. You do not cease to be even after your body is no more, but find a new one according to your karma, in order to continue a state of existence which is in bondage until the light of God dawns in you.

Freedom is your birthright, not slavery. Mind and senses are your servants, not masters. Truth is your inspiration, not impulses. Integration is your ideal, not division. Understanding and good will are your objectives, not prejudice and animus.

God is not a sentimental luxury or a placid symbol of religious allegiance. He is sacredness in the heart of man. He is the most personal one, the most intimate, the closest of all. Do not belittle Him by the

foolish rumblings of the intellect. Do not insult Him by religious bigotry and sense-wrought fancies.

Do not presume to be a gatekeeper of the heavens, if any church or creed raises you to the pulpit. No one holds any mandate from God to do this or that. Enlightened souls seek to convey the spirit of His reality. One serves Him by serving humanity. One loves Him by loving one's fellow-beings.

God is not a spiritual sultan who sits on a throne in the skies, dispensing justice to poor mortals. He is within your heart, in the hearts of all. The purer the heart, the better one knows Him. He guides through the light of one's conscience.

You are the author of your own fate. Your destiny is in your own hands. Work out your salvation diligently, assiduously, through the dint of your own self-effort.

Seek, and you shall find truth. Inquire, and you shall understand. Practise, and you shall experience. Meditate, and you shall realize. Live the divine life, and you shall find peace and happiness.

Let your life be a continuous process of yoga. Efficiency in action is yoga. Serving without bondage is yoga. Selfless work is yoga. Balance of mind is yoga. Ethical perfection is yoga. Meditation is yoga. Emotional integration is yoga. Pure devotion is yoga. Enlightenment is yoga. Cosmic consciousness is yoga.

Come now, become a yogi!

May God bless you all.



## शिष्यगीतम्

(Vidyabhaskara, Prof. M. Ramakrishna Bhat, M.A.)

जयति ते शिवानन्द सद्गुरा प्रयतजन्मनोल्लासिता मही ॥ (ध्रुवम्)

### DISCIPLE'S SONG

O Sivananda, Teacher Ideal, the Earth is happy being adorned with Thy Holy birth. 1

वृजिनविह्वला सा तपस्विनी शरणमाश्रिता देवमीश्वरम् ।

अलभतात्मजं तं चिरान्निजं शिवरतं भुवस्त्वामलङ्कृतिम् ॥१॥

1. The poor Earth who was beside with grief on account of the sins (perpetrated on her) took shelter under the Lord Parameshwara and got Him as her son viz. Thy self that art established in Siva and an ornament to the world.

परमपावनादप्पदीक्षितेश्वरकुलाम्बुधेरुद्गतो महान् ।

विधुरिवामृतं सङ्किरन्सदा वदनबिम्बतः पासि मेदिनीम् ॥२॥

2. Thou that camest like the full Moon out of the very holy ocean of the family of the Great Appayya Dikshita ever pourest nectar from Thy round face and thus protectest the Earth.

निरुपमं तपस्त्यागवैभवं किमु वदाम्यहो ब्रह्मवर्चसम् ।

समवलोकनं लोकनन्दनं कृतिकदम्बकं सौष्ठवं च ते ॥३॥

3. Oh! How could I describe Thy peerless penance, the glory of Thy renunciation, Thy spiritual effulgence, Thy equal vision, Thy multifarious activities for the good of the world and Thy genial nature?

तव वचोऽमृतं पातुमुत्सुकाः सुकविचातका दूरतो लघु ।

गुणधनस्य चायान्ति सन्ततं करुणयाऽन्यया सम्प्लुतस्य भोः ॥४॥

4. Always the Chataka birds viz. fine scholars, hurry from distant places to Thee that are a paragon of virtues or a cloud full of lightning, and filled with extraordinary compassion, being anxious to drink the ambrosia of Thy words.



शिव भवार्णवे सीदतां नृणां ब्रजसि योगराट् कर्णधारताम् ।

भुवनहृद्गु जोच्छित्तयेऽथैवानर्जनि वैद्यराट् हृद्यवाग्भवान् ॥५॥

5. O Siva, King of Yoga, Thou actest as the ferryman to those who are suffering on account of their plunging into the ocean of relative existence. Your Honour has become truly a great Doctor of Medicine as Thou removest the inner (spiritual) afflictions of the world with Thy pleasing words.

निखिलजन्तवस्ते सुधामयं श्रवणतर्पणं कीर्तनं हरेः ।

सकृदुपांशु चाकर्ण्य दुर्लभं सुखमनश्चरं निर्विशन्त्यहो ॥६॥

6. What a wonder that on hearing but once in solitude Thy singing of the Lord's glories which gives excessive delight to the ears, all beings enjoy the eternal bliss which is otherwise hard to attain!

कलियुगे बहिर्गामि दर्शनं विषयरञ्जितं वीक्ष्य देहिनाम् ।

भटिति तत्करोष्यन्तरङ्गभाट् निगमतत्त्वसन्मन्त्रबोधनैः ॥७॥

7. On finding that the vision of people in this Kali-age is turned outward and coloured (influenced) by sensual objects, Thou turnest that quickly inward by teaching them the quintessence of philosophy and ideal Mantras.

अमरभूरुहो दीनबान्धवस्तरुणभानुमांस्तामसावलेः ।

त्वमिह नो मनोराज्यविष्टरे नृपशिरोमणिः सुप्रतिष्ठितः ॥८॥

8. To us Thou art in this world the Celestial Tree (which yields all desires), Friend of the poor, the morning Sun to the pitch darkness (of the night or to all those that are of Tamasic nature), and the Emperor, well-established on the throne of our Inner Kingdom.

कुरु कृपां गुरो भक्तवत्सल शरणमेमि ते पादपङ्कजम् ।

यदि रविः करैर्नाम्बुजं स्पृशेत्तदिह बोधयेत्कोऽपरस्तदा ॥९॥

9. O Master who art affectionate to Thy disciples, kindly show Thy Grace unto me. I seek refuge in Thy Lotus-feet. For, if the Sun would not touch the lotus with His rays, then who else in this universe should awaken her?

जनिमहेऽद्य ते पञ्चसप्तति श्रितवतो वयोमानतो विभो ।

त्रिणयनं हृदा प्रार्थयामहे शतमितायुषे सौख्यसञ्जुषे ॥१०॥

॥ ॐ तत्सन् ॥

10. O Master Omnipotent, today on the occasion of Thy Birth-day Festival when Thy physical body has stepped into its 75th year, we sincerely pray to the Lord Mrityunjaya for bestowing on Thee the full human span of a hundred years coupled with happiness.

Om Tat Sat



## *Messages and Greetings*

Swami Sivanandaji has been doing Valuable work with regard to the spiritual enlightenment of our country. It is my hope that he may continue to do so for many years.

—*Dr. S. Radhakrishnan,*  
*Vice-President of India.*

\* \* \*

I had the pleasure of visiting Swami Sivananda's Ashram on two or three occasions and of securing his blessings. Let us all pray for his long life and continued useful service.

—*Sri N. Sanjiva Reddy,*  
*President, Indian National Congress.*

\* \* \*

Sometimes I feel jealous of persons who do their quiet work successfully. For the last thirty to forty years Swami Sivanandaji has been rendering quiet service to society through his teachings.

The Divine Life Society is observing a special function in honour of Swamiji on his 75th birthday. I consider it a privilege to associate myself with the function and send my respectful greetings to Swamiji on this occasion.

Swamiji is now an institution, whose influence has spread far and wide. I pray to Almighty that he may be spared to us for a long, long time to see the work of the Divine Life Society growing in extent and intensity, and to see the fruition of his labours.

—*Sri U.N. Dhebar,*  
*Ex-President,*  
*Indian National Congress.*

\* \* \*

His Holiness Jagad Guru the Sankaracharya of Sringeri Mutt, was glad to know that in commemoration of the 75th birthday of His Holiness Swami Sivanandaji, a Souvenir Volume is being published, which will contain his teachings and contributions on his life and work. His Holiness opines that the Souvenir would certainly be useful to all interested persons and conveys his blessings for success.

—*Sri Sankaracharya Mutt,*  
*Sringeri, Mysore.*



On this most auspicious occasion, Ramdas offers at the holy feet of His Holiness Swami Sivanandaji his heartfelt love and prostrations. May the Holy Swamiji's Grace be ever upon you all.

—H.H. Sri Swami Ramdas,  
"Ananda Ashram", Kanhangad.

His Holiness Jagad Guru Sankaracharya of Sharada Peeth has been pleased to note that Swami Sivanandaji has done a good deal in propagating Yoga and Vedanta. It is highly praiseworthy. His Holiness wishes that Swamiji's Mission to have the best success by the Grace of Lord Chandramouleshwar and Sri Dwarakadhish.

—Sri Sankaracharya Mutt,  
Sharada Peeth, Dwaraka.

Most Holy Swamiji,

On the blessed occasion of your birthday it is my joy to send you the deep regards, Prem, and best wishes of Self-Realization Fellowship.

God's greatest blessings are showered upon His children through the saintly lives of His true devotees. And certainly the radiance of God's love and wisdom has illumined countless hearts and souls through thy blissful Self. May the Divine One Who has graced the world through your divine life continue to sustain you through many years to come.

God crown your life and noble work with every success, Ananda, Prem and the blessed Amrit of His presence.

—Srimati Daya Mata,  
President,  
Self-Realization Fellowship,  
Los Angeles, USA.

I pray my respectful tributes and offer my respectful congratulation to Swami Sivanandaji on his completion of seventy-four years of his holy life. He has been the guide, friend and philosopher of lakhs of people here in India and abroad in the wide world. His songs, his sayings, his writings, constitute a philosophy of his own which has proved to be an attraction to many an intellectual and a source of inspiration to many a faithful. His wide knowledge of Vedanta and ancient systems of philosophy, his great personality, and, above all, the spiritual aspect of his teachings stand out boldly and makes him a category by himself. It is he who has shown that Vedanta is not a mere philosophy for the intellectuals to discuss about but is a guide for practical affairs in the real and mundane world. It is not only through intellect and through philosophic equipment one can reach the high level of spiritual atmosphere but something more is needed to reach the place from whence words and all that they represent return back. *Yato vacho nivartante*, and this something is what is being continuously explained by Swamiji. May the great Paramatman grant him long life and good health, so that this great Yajna, the Jnana Yajna, which he has started, may be carried and continued to its proper end and fulfilment.

—Sri N.V. Gadgil,  
Governor, Punjab.



Many saints and seers have appeared periodically on earth in order to remind the people of their duties and responsibilities, not only towards humanity, but to the Almighty as well. At a time when the world is in the midst of conflicts and commotions, the presence of Swamiji's and Yogis like Sri Swami Sivanandaji will inspire the people to follow the great teachings of love and peace of the great Rishis. It is right and proper that his birthday should be celebrated in a fitting manner and I pray that Swamiji may be spared for many, many years to come, so that mankind may be greatly benefited by his teachings and blessings. May his holy presence and spiritual guidance ever illumine the world, obliterate the darkness of ignorance and show the correct path for enduring peace and tranquillity for the happiness of mankind.

—*Sri Bishnuram Medhi,*  
*Governor, Madras.*

I pray that His Holiness Swami Sivanandaji may long be spared to us to fulfil his great mission. I recall with pleasure and gratitude my meeting with the Swamiji last year on my way to Badri-Kedar.

—*Sri Sri Prakasa,*  
*Governor, Bombay.*

I am happy to learn that the Divine Life Society is bringing out a "souvenir" publication to commemorate the 75th birthday of His Holiness Swami Sivanandaji. I offer my best wishes on this auspicious occasion.

—*General Sri S.M. Shrinagesh,*  
*Governor, Assam.*

On this auspicious occasion I send my salutations. Swami Sivananda is a living example of the precept "Service above self." It is my earnest hope that his personal example and teachings will inspire many others to do the same. May he be spared for many, many years—to continue his dedicated service to humanity.

—*H.H. Sri Rama Varma,*  
*Maharajah, Travancore.*

It gives me great joy to send birth day greetings to our great spiritual Leader His Holiness Sri Swami Sivananda. Immortal as his spirit is so may his physical presence long remain with us as a light in the world of darkness.

As a Sun radiates its rays to all mankind for sustenance and maintenance of human existence, so do the Father's Ministers radiate the light of the Christ, feeding and sustaining Soul's of men with heavenly food. No one who has become aware of Sri Swami Sivananda's great light can fail to bless our Father for his great work in providing so freely to all this heavenly food. May this humble tribute convey to him my love and thankfulness for his life's work.

—*Sri Charles Dennis Boltwood,*  
*Bishop Primus,*  
*St. Andrew's Collegiate Church,*  
*London.*



Very soon the Ashram will be celebrating your 75th birthday. This is a unique occasion which many people in India and elsewhere, whom your word has reached and who have benefited by it, will be celebrating with special joy. This is a time when they will recall the services you have already rendered in opening for people the prospects of Divine Life and offer heartfelt prayers to the Supreme Lord to spare you for continued service for many and many years to come in the same cause.

I have a special reason to join those prayers. Ever since I had the good fortune of coming to know you, I had experienced the power of your message and benefited by your kind thoughts for me. I regard you as a storehouse of Truth and Energy which I know will continue to charge those who come into contact with you in all their activities and undertakings.

—Sri N.V. Rao,  
Director,  
Ministry of External Affairs,  
New Delhi.

I first had the privilege of coming in contact with Swamiji personally towards the end of May, 1956. I had been wanting to meet him long before that, but somehow I did not get a suitable opportunity to do so earlier. Since then, not only I, but my wife and two of my daughters have been visiting the Ashram more than once every year.

When someone asks me why it is that I go to Rishikesh so often since I have a large collection of Swamiji's books from which I could learn all that I need, I tell him that it is one thing to read the books and it is quite another to go and sit near Swamiji and talk to him. His mere presence in one's vicinity is enough to dispel many a philosophical doubt and to calm the mind made restless by the day-to-day problems in one's life. The aura of his personality has a powerful and magic effect and it truly helps to recharge one's "spiritual battery" as Swamiji calls it. That is why I long to go there as often as is possible, so that I could benefit better by his teachings and by his exposition of our philosophy.

Even at this age Swamiji does a large amount of writing and spreads his message far and wide. It is really a marvel that despite his long years and his physical ailments he should find it possible to be so active. The answer to that is, I suppose, that an enlightened soul like Swamiji never ages in spirit and never ails in spirit.

It is our prayer that he should be with us for many a long year and continue to help us to march forward on the path of self-realization.

—Sri Justice J.R. Mudholkar,  
Supreme Court of India.

My wife and I send you our respectful greetings on the occasion of your birthday, and our prayers for many more of your inspired teaching and light. Pray accept them with your blessings.

—Sri C.K. Daphtary,  
Solicitor General, New Delhi.



Sri Swami Sivananda's Ashram has become famous and many many people, both in India and abroad have benefited from it.

At this time when the world is going through a period of darkness, it is most necessary to bring the spiritual message of the Great Ones before the minds of all people. It is distressing to see how the whole of the East is now more and more conscious of the material side of life and all the glamour of comfort, position and wealth. The two great powers, Money and Science, are now the modern gods. That money is according to our ancient ideals a great power only for helping of others, is being slowly forgotten. That science which leads to the knowledge of Nature and the Power of God through the instrument of the many elements of Nature, is also used for the glorification of our countries and not for the bringing of all life into the one universal conception.

Just in this period such wonderful individuals like His Holiness are necessary to awaken in humanity the inner desire for a spiritual union with life and I pray that India will very soon awaken to this realization. We are grateful to H.H. for all that he does and is. May he live a long time.

—Srimati Rukmini Devi,  
"Kala Kshetra", Madras.

May I be permitted to wish His Holiness Swami Sivananda a very happy birthday and many returns of the day. I pray to God that He might spare Swamiji for a long number of years, enjoying the best of health, so that he may continue to be useful to the people of India in general and to his disciples in particular.

—Sri Justice P. Chandra Reddy,  
Chief Justice, Andhra Pradesh.

I pray that our Swami Sivanandaji may live long to guide humanity to lead divine life. I am celebrating Swamiji's Birthday with divine remembrance.

—Sri Shiv Dayal,  
Judge, High Court, M.P.

I congratulate the Divine Life Society, Sivanandanagar, in having decided to publish a Souvenir in commemoration of the 75th birthday of His Holiness Swami Sivanandaji. I wish the endeavours of the Divine Life Society all success.

—Sri D. Sanjivayya,  
Chief Minister, Andhra Pradesh.

His Holiness Swami Sivanandaji is a living sage, and we are happy and proud to be his contemporaries. He has large achievements to his credit. May His Holiness be spared for many years for our benefit.

—Sri M. Bhaktavatsalam,  
Home Minister of Madras.



Swami Sivanandaji is one of the prominent exponents of Yoga in India.

In a world riven by strife and conflict, Yoga today has an importance of its own. Happiness which man seeks so ardently can best be attained by a union of the mind with the soul, as Yoga teaches, rather than by hankering after sensual objects of the world.

Swami Sivanandaji has been a great force in promoting better and brighter values of human life during the last four decades or so. His precepts for the practice of Yoga in daily life show that he is as much a realist as an idealist, anxious to see that humanity sees more and more of the soul than the physical comforts of life.

I wish Swamiji a long life of service to the cause so dear to all of us.

—*Dr. Sri Jivaraj N. Mehta,*  
*Chief Minister, Gujarat.*

I am happy to know that a Souvenir Volume, containing the teachings of Sri Swami Sivananda and contributions on his life and work, is being published. I wish the good effort all success.

—*Sri D.P. Karmarkar,*  
*Health Minister, New Delhi.*

Swami Sivananda's genius for organised propaganda to promote the study and practice of the spiritual life is well known. The Divine Life Society Founded by him has branched out extensively in the country and has become a very popular religious association. I am very glad that in commemoration of the 75th birthday of Swami Sivananda a souvenir volume is being brought out by the Divine Life Society. I wish the souvenir all success.

—*Sri C. Subramaniam,*  
*Minister of Finance and Education,*  
*Madras.*

Swamiji's 75th birthday is indeed a befitting occasion to publicize his teachings on Yoga and Vedanta, for which he has dedicated the whole of his life.

In spite of the rapid advance made by man in the field of science and technology, he does not find himself happy in this tormented world of today. Nations are at loggerheads and are haunted by fear suspicion.

It is, therefore, the need of the hour that we promote the ethical and spiritual culture of India in order to teach man universal love and unity of religions, which alone is a befitting answer to guided missiles and other deadly weapons manufactured by man to annihilate mankind.

—*Sri Shyam Lal Saraf,*  
*Minister, Industries and Commerce,*  
*Kashmir.*



I am glad to note that a Souvenir is being published in commemoration of the 75th birthday of His Holiness Swami Sivanandaji. May God grant that his Divine Mission continue for many more years.

—Sri O.V. Alagesan,  
*President, Tamil Nad Congress.*

I am glad to learn that the Divine Life Society is going to bring out a souvenir (volume) in commemoration of the 75th birthday of His Holiness Swami Sivanandaji. I wish the publication the best success.

—Sri Raj Bahadur,  
*Minister of State for Transport and  
Communication, New Delhi.*

The Divine Life Society is spreading Swami Sivananda's Message through a number of publications, and many people in distant corners of our country are deriving great solace and comfort through his Message. I wish His Holiness long life and good health to continue to render the spiritual service he is doing now.

—Sri B. Gopala Reddi,  
*Minister for Works, Housing and  
Supply, New Delhi.*

The Divine Life Society has done well to think of bringing out a souvenir volume in commemoration of the 75th birthday of His Holiness Swami Sivanandaji. To bring home to mankind, when it is going deeper and deeper into stark materialism, the importance of spiritual values is no easy task. But Swamiji, through his numerous publications and lectures and through his own example of dedicated life, has certainly succeeded in awakening the inner spirit of man and has attracted thousands of followers on spiritual ascent.

The souvenir volume is but a humble tribute to the Swamiji who, I hope and pray, would stay with us for many years to come.

—Gen. Sri Shah Nawaz Khan,  
*Deputy Minister of Railways,  
New Delhi.*



अनन्त श्री पूर्णयोगेश्वर शिवानन्द स्वामिचरणानां पञ्चमसत्या जयन्त्यावसरे

श्री सद्गुरु सरण रुद्रपदी

[ जयशङ्कर मू. रावल, विद्याभूषण मुन्द्रा-कच्छ ]

शंलाधिराजस्य हिमालयस्य पादे वसन्तं सुतटे च गाङ्गे ।

भूमण्डलेशं यतिचक्रिणं च श्रीसद्गुरुं मे शरणं प्रपद्ये ॥१॥

I surrender myself to Sri Sadguru of mine, Bhumandaleshwar and the Paramount Ruler of ascetics who dwells on the lovely bank of the Ganges, at the foot of the Mountain-king-Himalayas.

उद्धतुमेतान् भवपङ्कमग्नान् प्राकृत्यमेतज्जगतीतलेऽस्य ।

कारुण्यरूपं श्रितमाप्तकामं श्री सद्गुरुं मे शरणं प्रपद्ये ॥२॥

His birth on this earth is for uplifting those that are plunged in the mire of Samsara. I surrender myself to Siva—Sri Sadguru of mine—who is the incarnation of compassion and whose desires have been fulfilled.

रुग्णानशेषान् विरुजो विधातुमारोग्यशान्त्रं पठितं सूपूणम् ।

पीयूषपाणिं भिषजां वरं तं श्री सद्गुरुं मे शरणं प्रपद्ये ॥३॥

To make the diseased free from diseases, he completely mastered the medical Science. I surrender to that Sadguru of mine who is an excellent doctor with nectar in hand.

त्यक्त्वा सप्रद्वि विपुलां प्रतिष्ठां मुञ्चे यथाहिम्नवचमात्मजाताम् ।

सन्त्यस्तमङ्गीकृतमात्मसिद्ध्यै श्रीसद्गुरुं मे शरणं प्रपद्ये ॥४॥

I surrender myself to Sri Satguru of mine, who having renounced vast fortune and fame as a snake casts off its skin, assumed Sannyasa for Self-realization.

दिव्यं विधातुं जनजीवनं च संस्थाप्य संघं भुवि सुप्रतिष्ठम् ।

विश्वंभरन्तं कृपया महत्या श्री सद्गुरुं मे शरणं प्रपद्ये ॥५॥



I surrender myself to Sri Satguru of mine, who, in order to sanctify man's life, has founded the Society, widely spread in the world and who has thus filled the Universe with immense grace.

सद्ग्रन्थरत्नप्रणयेन लोके विस्तारयन्तं विमलं प्रकाशम् ।  
दिव्यामृतस्य स्रवमात्मतोषं श्री सद्गुरुं मे शरणं प्रपद्ये ॥३॥

I surrender myself to Sri Satguru of mine, who is disseminating pure illumination by writing the best books like gems in the world, and who is thus a self-soothing fountain of divine nectar.

दीनार्तरुग्णा निजदुःखमुक्त्यै जिज्ञासवो लब्धुमभीष्टतत्त्वम् ।  
यं संश्रयन्तेऽभयदं प्रभुं तं श्री सद्गुरुं मे शरणं प्रपद्ये ॥७॥

The poor, the afflicted and the diseased resort to the Master for liberation from the afflictions and the Jignasus (seekers of truth) for attaining the desired Tattva (truth). I surrender myself to that Sri Satguru of mine.

ज्ञानस्य भक्तेः शुभकमणश्च धाम त्रिवेण्याः परमं पवित्रम् ।  
मोक्षस्य मार्गे तरणोः प्रकाशं श्री सद्गुरुं मे शरणं प्रपद्ये ॥८॥

I surrender myself to Sri Satguru of mine, who is the sacred place of the confluence of the three—good action, devotion and knowledge and who throws light like the sun on the Path of Salvation.

विश्वस्य शान्त्यै यतमानमेनं सम्पूरयन्तं जगतीं च प्रेम्णा ।  
प्रेमस्वरूपं शिवदं शरण्यं श्री सद्गुरुं मे शरणं प्रपद्ये ॥६॥

I surrender myself to Sri Satguru of mine who is the living form of Love, the giver of well-being and the Saviour of those that surrender themselves to Him and who is striving for the world-peace and filling the world with Love.

व्योनिर्मयं योगिनामात्मवन्तं त्रैगुण्यहीनं परमेश्वररूपम् ।  
समाश्रितानां सुखशान्तिहेतुं श्री सद्गुरुं मे शरणं प्रपद्ये ॥१०॥

I surrender myself to Sri Satguru of mine who is a self-realized Yogi abounding in divine light free from the three Gunas, Lord incarnate and the Source of peace and bliss to those that seek refuge in Him.

बद्धाञ्जलिर्भक्तिपुरःसरं च उत्कर्षं माध्यात्मिकमाप्तकामः ।  
यन्त्रार्थमाशीर्वचसां कृपाधिं श्री सद्गुरुं मे शरणं प्रपद्ये ॥११॥

With hands folded, I devotionally surrender myself to my Gurudev—the ocean of Divine Grace, to solicit blessings with desire to acquire spiritual uplift.



# THE "DIVINE LIFE"

## BIRTHDAY SOUVENIR

SEPTEMBER, 1961 : VOL. 23 NO. 9

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### TO OUR CONTRIBUTORS

This year we have received highly interesting articles for the Birthday Souvenir from many devotees of Sri Swami Sivanandaji Maharaj. Due to limited space, we could not accommodate the entire lot in this Volume. However, we hope to release the remaining portion in the near future. With a view to avoid repetition of ideas, we were compelled to omit certain portions in the articles sent by our contributors.

September, 1961. }  
Sivanandashram, }

Editor,  
The "Divine Life"



35

1st August '61

Sri Olgert & Kargents.  
Melbourne.

Return to the root from  
which you grow. This  
root is Silence or the  
Absolute

Discriminate. Renounce.  
Aspire. Meditate. This is  
the essence of the Way.

Meditate. Cross the Void  
and then enter the Silence  
May God bless you, Sivananda



H.H. Sri Swami Kandananda



Sri D.P. Jaganathan



H.H. Sri Sankarabharata



H.H. Sri G. M. SRF



Sri K.S. Ramaswamy Sastry



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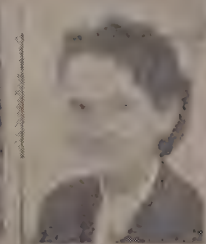
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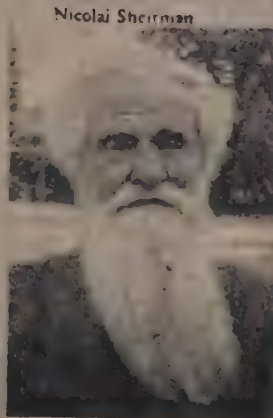
Sereis Haridus



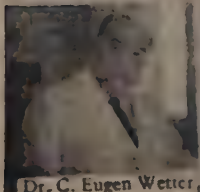
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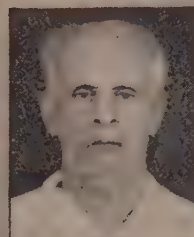
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# Swami Sivananda's Spiritual Make-Up

(Sri K.R.K. Menon, Former Finance Secretary, Govt. of India, New Delhi)

## BIOGRAPHICAL DATA

[Swami Sivananda was born in Tirunelveli District in South India on 8th September, 1887. He was educated in Trichinopoly and Tanjore, took to the medical profession, edited a Health Journal and served for ten years as a Doctor in the Rubber Estates of Malaya until 1923, when he came back to India and renounced the world. He entered into the Order of Sannyasa in 1924 at Rishikesh, in the Himalayas, practised Yoga, served Mahatmas and pilgrims and extensively wrote on spiritual and medical topics. He established the Divine Life Society in 1936 (which has 300 Branches all over the world) to propagate the knowledge of the Yoga of Synthesis and Universal Religion, undertook several lecture tours, established the Yoga Vedanta Forest Academy in 1948, and convened a Parliament of Religions in 1953. He is the author of over 200 works, covering practically all the important facets of the various types of Yoga, different religions and philosophies and also medical subjects.]

[Swami Sivananda's institution at Rishikesh serves as a training centre for spiritual seekers from many parts of the world, and a venue of public service through schools, hospitals and publication establishments from which flow half a dozen periodicals and a steady stream of books on Yoga, Religion and Philosophy.]

I treasure the memory of my personal contact with this great spiritual preceptor, Sri Swami Sivananda, as a rare experience, and with warm gratitude for the great fortune I have had in having this world renowned figure chat with me for a few minutes on the occasion of each of my visits to the Ashram during these last six years. I use the word "chat", though it might be thought pretentious to refer thus a conversation with a spiritual leader of the Swamiji's eminence. But I do so deliberately, as the outstanding impression that has been left on my mind every time I have come away from my visits to the Ashram is that the effortless ease with which the Swamiji "chats" with his visitors, on their own level, and on all manner of topics, is born out of that intense and practical humanitarianism which imbues his spiritual make-up. The obvious relish and exuberance of spirits which mark his talks is a treat for any student of human psycho-

logy who is privileged to partake in them. No aloofness or distant stand-offishness here of the kind which one normally, and naturally, associates with the very exalted. No topic is too light for him to shed his sparkling wit on; no person present too "worldly" or "non-conformist" for him to exchange ideas with. He manages even to stand right outside the very atmosphere of the gathering in the riverside balcony where he holds his morning talks. The "atmosphere" is, quite understandably, somewhat charged with that peculiar emotional upsurge characteristic of the personal contact between a normal Hindu spiritual preceptor and his "Sishyas", but our Swamiji has always struck me as standing right away from and outside this atmosphere. By his sheer benevolence and affability of manner he is able to make the very height of his spiritual position seem to visitors like me vastly less inaccessible than it really is. It is as if Mount Everest



bends low enough for an ardent Boyscout to salute it, face to face, with his three up-raised fingers. I, no more than a humble scout in the vast realm in which this great leader reigns supreme, raise my folded palms to him in affection and respect.

In all humility I join the millions of devotees and admirers of the Swamiji all the world over in wishing that his 75th Birthday will be the harbinger of further Divine grace and blessings to him.

## Message of Swami Sivananda

(Rev. Father Sri Wittemans, Consel Spiritual Mondial, Anvers)

The Divine Life Society has become one of the most important centres, not only of ancient India, but of the whole world, for the propagation of the wisdom of this cradle of civilisation and spiritual Light, so necessary to the world at this moment of its deep crisis of growth.

I was a founder and president of the World Spiritual Council, which came into existence in 1947, that I became acquainted with our great and beloved Swami Sivananda. On the occasion of our Second Congress held at Lausanne, the Swami sent us a splendid message for the reconciliation, the drawing closer of all religions. It was He who was the link between East and West in the task undertaken by our World Council, for the spiritual re-building of the world after the second World War.

How lofty were the words of understanding of our duty which he addressed to us! They stimulated our zeal for the furtherance of our so necessary work.

Among other memorable words, He said: "The Lord Jesus, the Lord Buddha, the Lord Mohammed, the Lord Zoroaster, Confucius, in brief, all those have given us a message of Love and Unity, though diversely expressed". He also quotes the words of Christ: "He who does not love the neighbour whom he sees, how can he love God whom he does not see."

Sivananda occupies an important place for the harmonizing of Brahmanic-Bud-

dhist and Christian thought undertaken towards 1870 by Keshub, the Founder of the New Vedic Dispensation.

What could one not say about the grand work achieved by the Divine Life Society, which has given an university education to thousands of members, contributing to the building of a highly cultured India. The monthly Magazine of the Society spreads far and wide the new enlightenment of the East. It stands to reason that the Founder of this Divine Life Society should be the subject of so much homage and devotion from his followers, who cannot bring him sufficient laurels.

At present Sivananda is spreading the fruits of his deep, enthusiastic and encouraging thinking in Europe also, by contributing to the Swiss Magazine: "Synthese Universelle".

The World Spiritual Council, which for some years past has been organising three yearly Congresses, has recently founded a section at Montevideo in Uruguay, for the propagation in South America of the principles of the Spiritual World Charter. The World Council owes a great debt of gratitude to Swami Sivananda Saraswati for the support received in the beginning of the Council's existence and it expresses the sincere hope that for many years to come the Swami may carry on his luminous work.

# *The Spiritual Personality & Teachings of Sri Swami Sivananda*

(Dr. Sri B.S. Annaswamy Iyer, Chinnamanur, Madras)

Sri Swami Sivananda belongs to the family of the great savant of the Vedanta Appaya Dikshitar. He was born at Pattamadai, Shermadevi Taluk, Tinnevely District. He was a bright student of the national College, Trichinopoly, good at play in Shakespeare and acted splendidly as a heroine. He is a good songster and fond of music, capable of singing songs in such a sweet melodious way as to captivate the mind of one and all.

He joined the Government Medical School, Tanjore, at the age of nineteen in the year 1908. He was top ranking in all the subjects and was an object of envy and admiration both to the Professors and the students. I had the unique honour and privilege of having been his bosom friend, class-mate, and constant companion throughout his study. He had an inner light and saw spiritual vision which gave him solace.

It is therefore no wonder that the calm, silent, medical student, blossomed to a Sannyasi of world-wide reputation in later years, serving as an ideal living example of practical renunciation. Swamiji's interpretation of Renunciation is as follows: "Renunciation does not consist in leaving of the family and children and running away, nor being led away by emotion, but that to give up worldliness, egoism, selfishness, anger and vanity." He is a living saint of varied excellences. He is approachable and kind to one and all. He is the incarnation of "Lord Siva", embodiment of goodwill, spontaneous generosity and over-whelming kindness with a mag-

nanimous heart, giving everything without limitation on a Universal Basis.

His magnetic personality leads every one towards the right path. His is a cultural movement having nothing to do with any one particular religion. He has been the unselfish teacher and leader of the world for upwards of three decades having had his spiritual influence felt all over the world. He is the modern Messiah. The unique personality includes all, excludes none. In fact, he welcomes the followers of all religions at all times. As a Yogi, saint, and Jivanmukta, Swami Sivananda possesses all the qualities, which a great human being should possess. The eyes of Siva make all beauty, holy and the hands of Siva consecrate everything they touch. He is the beacon-light that is ever shedding guidance on our troublesome path. The Divine Life Society is an International Institution.

The motto of the Divine Life Society is: Serve, Love, Give, Purify, Be good, Do good, Be compassionate, Bear injury and insult.

Swami Sivanandaji's yeoman services in the path of Dharma are too well known to need mention. Suffice it to say the Charitable Hospital, which embraces, the Ophthalmic, the Gynecological, Surgical and General medicines, has been doing the work of inestimable value to one and all. Over 200 books written by Swamiji which guide the people all over the world, two or three books from the medical standpoint are worth mentioning and they are eminently



useful and to be on the book shelves of every home.

(1) **ASTHMA—Its Cause and Cure.**  
 (2) **A BOON TO DIABETES,** (3) **HEALTH AND DIET.** It must be admitted on all hands that, of all the diseases which afflict mankind, Asthma is the most dreadful one, asphyxiating as it does, the sufferer with agonising pain, at times driving the patient to unbearable suffocation and despair of life. This malady has been so ably and exhaustively dealt with by Swamiji in all aspects, embracing the treatment of all systems of medicines, best suited to relieve suffering and effect a radical cure. During 50 years of my experience as a medical man, I have yet to come across a Treatise on Asthma, like that of Swamiji. It is a book of choice par excellence, and deserves to be in the hands of medical men, be he Allopathic, Ayurvedic, Homeopathic, Unani, etc., as it is in a nutshell. So also is the book on Diabetes. His book on Health and Diet, is a great practical value to the ordinary men and women. In that, Swamiji makes a strong plea for vegetarianism and lays stress on the Spiritual aspect of the diet, suggesting Yogic cures of certain diseases through correct dieting only.

Sivananda's writings are in a very simple English. Even a boy can read it. Swamiji's books are excellent, marvellous, most wonderful and no adjectives are left to describe them.

Giving is his doctrine. Giving is his inherent nature. So, every one should try to inculcate upon practising such a virtue.

Any person, be he a Hindu, Christian, Mohamadan, who visits Rishikesh, gets electrified by the magnetic personality and dynamic influence of Sri Swamiji, producing as it does, a thrill of self-introspection and purification resulting in a sudden metamorphosis from Atheism to Theism, Pessimism to Optimism. Such is the atmosphere and effect of the pervading soul which is the gift of our Hindu culture. Lack of faith in God, the growing destructive forces of the modern scientific discoveries, have been growing from bad to worse day to day.

The simple and practical remedy against such evils as well as to purify the mind and soul is to be sought under the aegis of Rishikesh and Ananda Kutir.

May the Almighty be so graciously pleased as to ordain that Sri Swami Sivananda will remain in the world for many years like Markendeya. May His Holiness live long to be of hope and grace to the many millions of devotees from all classes of Societies, admirers and disciples all the world over. I am praying to the Almighty for the earliest opportunity to enable me to go over to Rishikesh so as to have His blessings, to enjoy the food of spiritual knowledge, devotion, piety, etc. and to be His disciple.

# Eternal Calmness in the Midst of Intense Activity

(Sri N.R.K. Krishnan, Div. Com. Supdt., W. Rly., Bombay)

His Holiness Swami Sivananda is an outstanding spiritual personality of the present age. The claim that our country is holy is not a vain claim, but a claim supported by facts of history. There has been no period of time in India when a spiritual messenger has not been sent to this country, to interpret and re-interpret the everlasting truths contained in the Vedas and the Upanishads. A great spiritual vacuum was created in the country after the 'Nirvan' of Mahatma Gandhi. If there is one personality who not only filled that vacuum but made the spiritual fragrance spread to the far corners of the world, it is none other than Swami Sivananda. His spiritual literature is an unparalleled boon with infinite utility, to the individuals of all standards to help shape their lives in the best manner prescribed by the seers and sages of this Punyabhumi.

The truths contained in the Vedas and the Upanishads (most of them representing the concluding portions of the Vedas) are applicable to all times as the cult represented therein presents a universal concept of reality, at once as logical and comprehensive as it is scientific and modern. The cultural wealth contained in the Upanishadic lore has been preserved till today, thanks to the persons like Swami Sivananda who have been appearing on the stage to revive the glory of Brahman and explain to the world in an understandable language that "this universe is nothing but a projection of Brahman, who is the indweller of every object, animate and inanimate, found in this universe" and that "in-

tegrity, above everything else, constitutes the essence of individual personality, as is illustrated in the following verse of Isavasya Upanishad:

ॐ ईशावास्यमिदं सर्वं यत्किञ्च जगत्यां जगत् ।  
तेन त्यक्तेन भुञ्जीथा मा गृभः कस्य स्विन्नम् ॥

The part played by spiritual personalities of the stature of Sri Swami Sivananda consists in not only explaining the truth of the existence of God and the relationship of the created beings to the Creator, but in keeping a proper balance between spiritualism and the materialism which has been a great attraction for man from the very beginning. Whenever materialism has a tendency to rise to higher than the admissible limit, the Almighty Himself appears in the shape of spiritual ambassadors from God to man, to establish truth and righteousness (Satya and Dharma) on earth:

यदा यदा हि धर्मस्य ग्लानिर्भवति भारत ।  
अभ्युत्थानमधर्मस्य तदाऽऽत्मानं सृजाम्यहम् ॥

The faith of man gets shaken from time to time due to various influences and forces, and material achievements of man in certain directions and spheres. It is at such moments of spiritual crisis when there is an imperative need for spiritual revival, great personalities appear, either as non-conformists or as puritans or spiritual revolutionaries. Even Adi Sankara was only interpreting the universal truths embodied in the Vedanta. There have been a number of saints and Acharyas from the time of Sankara, up to the present day, carrying



aloft the torch of spiritualism and the Vedantic philosophy. Sri Swami Vivekananda was a pioneer in the sense that he went outside India to preach the gospel of Vedanta. The portion of work left undone by Swami Vivekananda has been taken up by Sri Swami Sivananda, who, though has not visited any foreign country, still has successfully broadcast his message throughout the world through the agency of books, printed in a host of different languages spoken in different parts of the world. That Swamiji's writings have reached every European and Asiatic country and innumerable branches of Divine Life Society have been established in a number of foreign centres is a unique tribute of the greatest achievement of Swami Sivananda in the shortest possible time. Five Mutts were established by Sri Sankaracharya in India when communication was very slow, an achievement unsurpassed at the time, Swamiji's Mutts are being established in the entire globe and their number is on the increase from year to year.

The service rendered by saints is mostly recognised only by posterity. Only in the case of very few saints like Swami Sivananda universal recognition is attained even while the spiritual service is being rendered. The extent of spiritual popularity attained by Swamiji is something that has been so far unknown in the history of saints all the world over. He has thus entered into the conscience of mankind through his treasure-house of 300 and odd books written to suit different tastes and temperaments, without deviating from the cardinal principles of Indian Philosophy.

Swami Sivananda can be considered both as a non-conformist and at the same time as a conformist. Except in very recent times spiritual wrangles even among great

Acharyas were not unknown. Swamiji is a non-conformist of the highest order as there is no trace of any condemnation of any religion in his literature whose scope is as vast as the universe itself. He is fulfilling with speed what was taken up initially by Sri Aurobindo, the Sage of Pondicherry.

Appaya Dikshitar, one of the ancestors of the Swamiji, was a wonderful exponent of the highest philosophy through verses charged with knowledge and devotion. Swamiji can be considered as a re-incarnation of Dikshitar as Vedanta has been simplified in his charming and sweet versification of eternal truths.

It will be difficult to say whether Swamiji represents the cult of Nishkama Karma or the Bhakti cult or the cult of knowledge. His literature comprises the "Prabhusamhita", "Suhridsamhita", and "Kantasamhita". Not only Swamiji has written Bhashyas for Prasthanas Traya, viz., Upanishads, Brahma Sutras and Bhagwad Gita, but has come down to the level of the humblest individual in his writings. He has carried the high and the low with him through his literature. He is the spiritual diary of humanity. He is a big institution to the educated world. His books preserve the moral worth and the spiritual beauty. He is the recoverer of faith in the eternal values and Arya Dharma. His messages are of universal application. His mystic pen deals with life as a whole and in all its important aspects, viz., requirements of body, mind and soul. He has applied modern methods of public relations to serve the noblest cause one can think of. He has enhanced the prestige of our country in the eyes of the world. He stands for the integrated life of "Satyam, Sivam, and Sundaram". His contribution towards the

enrichment of spiritual literature is wonderfully original and unique.

He brings home the indescribable beauty contained in our scriptures, to the man in the street through the instrument of his pen in the same manner as Emperor Asoka did in days of yore through the instrument of stones. He has given a scientific expression to the ancient scriptures. Universal Brotherhood and cosmic consciousness are the striking features of the incomparable Swamiji's literature. He is an ambassador of eternity to all countries of the world. He is a living commentary of the Vedantic ideals and the brightest star in the spiritual firmament. He is a top-class preceptor of the message of immortality of soul. His masterly interpretation of our scriptures is

"*Vidvadoushadham*". He is not merely a defender of the Vedic religion, but a torch bearer of ancient Indian culture. The excellence, the force, the style and the expression contained in his literature has made him great in his own time.

Whenever I get an opportunity to pay my homage in his Ashram, I find him reflecting "eternal calmness in the midst of intense activity", after attainment of which there should be need for nothing else to attain for man, in his birth in this world.

May the All-powerful, unnameable preserve Swamiji as a Chiranjivi along with Hanuman, Markendeya and Dhruva for the benefit of the spiritual uplift of humanity.

## Garland of Devotion

(Sri Swami Sivananda)

1. Self-surrender is the easiest and surest means of Self-realisation.

2. Bhakti or devotion generates Vairagya or dispassion. Vairagya generates Jnana or wisdom.

3. Though God is inexpressible, He can be felt and enjoyed.

4. What is death? To forget God is death. To remember God is Immortality.

5. Devout prayers can work wonders.

6. Forget not the name of the Lord in the bustle of the world.

7. He is the greatest actor who does his deeds without any desire for fruits.

8. Burning dispassion and burning aspiration are the two important aids for God-realisation.

9. Work done as worship purifies life.

10. Constant absorption in Lord's Name bestows relief from all fears and

worries. Therefore always remain drowned in the Lord's Name.

11. Worldly thoughts undermine the system. Thoughts of God cheer up the heart, body and the soul. Therefore always entertain divine thoughts.

12. Lord will show His mercy if His Name is repeated always.

13. Take everything as God's will. He does all things for your ultimate good. Have real faith in His Omniscience.

14. Ever remember the One Supreme Physician, your Indweller. Submit to His Will. Become His humble instrument. God alone removes all your sorrows.

15. Play out your part well in the worldly play. But do not fetter yourself. Keep your mind steady on the lotus feet of the Lord. You will swim in the ocean of Divine Bliss.



## *My Visit to Sivanandashram*

(Srimati S. Ganga, Jalahalli, Bangalore)

In the Universe, there is no room for two. In this world, there is only one Home, real Home, where eternal Life really IS—that is the Home of Swami Sivananda, on the banks of the Holy Ganges, at the foot of the Himalayas, in Rishikesh. To such a Home—the Divine Home, I made a trip and stayed for twelve days and enjoyed perfect peace and happiness.

I had my long-cherished desire fulfilled. I took bath in the Ganges, had Darshan of my Beloved Master Swami Sivananda in the evening. I was thrilled by His Divine Magnetic Personality. Whom did I see? A stranger or a friend? Certainly not. I saw my own, my own God, Lord Shiva. Swami Sivananda is God in human form. Immediately I prostrated at His Holy Feet. He enquired about me very kindly and blessed me with His Smile.

The kitchen, the Prayer Hall, the Ayurvedic Pharmaceutical Works, the General Hospital, the Eye Hospital, the Yoga-Museum, the Sivananda Regalia, the Printing Press, the Arts Studio, the Primary School, the Yoga-Vedanta Forest Academy—all work in clock-like regularity. I was shown all these different aspects of the Ashram by great Sannyasins, who were so learned, and yet so simple.

My Master Sivananda is an Incarnation of Love and Kindness. He has infused the same virtues in all His surroundings. "Lord Krishna multiplied and became so many". So says the scripture. My Beloved Sivananda too has multiplied, and has become so many forms—Ashramites—that it is impossible to write in words the way

they treat the guests with so much of Love and affection. The whole Ashram is one, one in its pulse-beat in making the guests happy. O Friend, where can you find such a warm welcome in this world?

My Gurudev is the Beauty in all Yogas, and the ecstasy in all delight. He is the Master Artist of the beautiful Sivanandanagar, who sees, reads or hears the world, and is doing all that is needed to make mankind happy. He is radiating Peace and Love towards the whole humanity.

Singing goes the small waters. Silence goes the vast Ocean. My Gurudev is a mass of knowledge and wisdom, but He is usually silent. But in His silence, there is perfect understanding. Oh my friend, if you but know how to tune your ears to His Silent Voice, His Voice conveys to you more than all the words in this world can speak.

Living on the banks of the Ganges in this wonderful Sivanandanagar, what is this Master Artist doing?

"Now after the Enlightenment, the Man does not live among the cloistered wise, but with the careless, eaters and wine-bibbers, and from him radiates the Power that makes such men Buddhas. See he lays his hand on a dead tree; it bursts into blossom. All is accomplished. The man is Divine". This is what my Gurudev Sivananda—my spiritual Father is doing—making the people Divine—the most difficult of all tasks to accomplish. He sends a book to you. He looks at a letter. He looks at another; He sends a thought across ocean, to someone, thousands of miles

away. Lo everything is accomplished. All have become Divine.

To-day is eighth September, the Birthday of Swami Sivananda, a great day of rejoicing for all His devotees all over the

world. On this happy occasion I pray to God that my Gurudev may be preserved for many more years that my brothers and sisters may hear His Voice and find God-realisation in this birth, by His blessings.

## Swami Sivananda Benevolence Personified

(Sri R. Sahai, I.F.S., Ministry of Railways, Railway Board, New Delhi)

I came in contact with Sri Swami Sivanandaji about 12 years ago, in 1949, when the State of Tehri Garhwal merged with Uttar Pradesh and I was appointed the first Conservator of Forests to take charge of the extensive and beautiful hill forests of that State and to bring its administration on the lines of that of the Forest Department in U.P.

The Ashram founded by Swamiji is located on the right bank of the Ganga at a place called Munikireti, in the district of Tehri Garhwal, about a mile from the town of Rishikesh, also situated on the right bank of the Ganga, in the district of Dehra Dun. Sri Swamiji himself lives in a small cottage overlooking the Ganga.

Munikireti falls on the route to Uttara Khand Yatra or pilgrimage to the holy place of Yamunotri, Gangotri and Badrinath, which is done during the summer months of May and June by thousands of pilgrims from all over India.

Before 1949, Munikireti was a small hamlet cut off during the rains from the

rest of the civilised world by Chandra Bhaga river, across which there was no bridge. In those days, Swamiji's Ashram did yeoman's service to the suffering humanity, who did the pilgrimage on foot. It ran a charitable dispensary, religious school in sylvan surroundings, and gave regular religious discourses. It maintained a Press.

Munikireti wears a very different look to-day. The hamlet has developed into a notified area, it boasts of electricity and telephone. There is a *Pucca* bridge across the Chandra Bhaga and the road is now a first class *pucca* road maintained by the Central P.W.D. as an important National highway (pilgrim route). So the place is humming with activity during the pilgrim season.

Swamiji is benevolence personified. Only those who have the good fortune of coming in personal contact with him can testify to it. He is a versatile and prolific writer in the simple but appealing language and his Ashram has branches throughout the world.

### REAL RELIGION

To be just, to be friendly unto everyone, to be sincere and true to oneself, to meditate on the immortal Self within, to do good to all and make others happy, to comfort the sick and the afflicted, and to serve the poor—is the Real Religion.—Swami Sivananda.



## *Sivananda : Good Man or God-Man*

(SIVANANDA'S LIFE & TEACHINGS IN THE LIGHT OF CHINESE IDEALS)

(*Dr. Chow Hsiang-Kuang, Ph.D., Prof. of Chinese, University of Allahabad*)

Among the saints of today in India, Sri Swami Sivananda's name must take a place at the top. His personality looms so immense on spiritual India's horizon and wakes thousand people for the struggle on their Self-realization.

Since Swami Sivanandaji has been described by his disciples and great friends as Maharshi Sivananda; Divine Father, Sivananda; Sage of Rishikesh, Sivananda; Twentieth Century Saint or Bhagavan Sivananda etc., it is difficult now for a Chinese to find another title which is equally high and so imposing. However I have a thought of giving him the title God-Man since Sankaracharya, because Sivanandaji is a goodman in this mundane world as well as God-Man in the another spiritual world. It is true that Sivanandaji is one of the very few, like Confucius, Lao-Tzu, Sakyamuni, Buddha, Jesus Christ and Sankaracharya who went to the primary source of life and the universe, in order to find out their meaning. In that he goes to the primary source. He does not see only a part of the world, or part of human life or human knowledge; he possessed such a breadth and profundity of feeling, intellect and will, that his thoughts and actions fundamentally changed human outlook on religion, politics, philosophy and art; his view will change the generally accepted one, and lead us along a new way. Sivanandaji, because he followed so closely the "Sermon on the Mount" is a light which reveals several things we do not know or see before. He is a fountain, filled with that water sent from Hea-

ven, which will fill many streams and rivers; and through his life many will come to live a new life.

I call Sivanandaji as a man of primary source—the God-Man in contradistinction to others whose ideas were not original, but derivative and limited in scope. A man of primary source may not be a great scientist, or great politician or a great scholar, displaying wide knowledge, or power of coining new words; but his universal love, understanding and intuition can see fundamental problems and can solve them in his own way.

The very source of life and the universe is simple. God who made us is simplicity itself. But it takes a genius to discover it. Most of life's problems really have simple solutions; but it is our complex mind that hides the basic simplicity. And because simplicity and humility are the attributes of the truly great, it takes a great man to discover the truth of these things. The simplicity permeates the whole universe, it therefore influences every aspect of human life. Confucius' theory of Jen (Fellow-being), Buddha's mercy and Jesus Christ's love belong to the same category, and Swami Sivanandaji should be classed with them.

Sivanandaji's life has two aspects: on the one hand he has been living for the last forty years as a saintly Brahmacharya life and converted himself into Godhood, on the other hand, he never forgets the mundane world, and disseminating the spiritual knowledge to the people, disregarding their

castes, nationalities and religions. Sivanandaji is the uncrowned king of the world, by the spontaneous way in which the people followed him, as he himself says: "I am king of kings, Shah of Shahs, my dominion is limitless" (see *Light, Power and Wisdom*). I cannot do otherwise than to give a quotation from the Confucian classics, *the Great Learning*:

"Illustrate the illustrious virtue; to renovate the people and to rest in the highest good."

Sivanandaji is a Jivanmukta, he has seen Himself, so he sees very clearly that any activity of human being without moral basis was incomplete. On the basis of his own virtue, he went further to renovate the people.

Sivanandaji always says to his disciples by such words: "Love is the immediate way to Truth or Kingdom of God or the vast domain of perennial peace and joy. It is the life principle of creation. It was the driving force behind Mira, Tukaram and Gouranga."

Again:

"Therefore, develop pure, unselfish love. Pure love is a rare commodity. Cultivate it gradually. All your negative qualities like dislikes, prejudice will be eradicated. Love is a great purifier of the mind." (See *Light, Power and Wisdom*)

Sivanandaji's life is but a song of love, a love that knew no limitations, a love that had no thought for self, but constantly (and in practice) wished the welfare of everyone.

"In Heaven and Earth it is that mind to produce things which fill the universe. In man it is that gentle mind which loves men and is kind to other creatures."

It is quite clear that with this virtue of Love, the Mind of Heaven and Earth gives birth to things, and men and other

creatures (each) receive this Mind of Heaven and Earth as their mind.

I think Sivanandaji shares the same idea as he says: "There is only one source of love, and that is God, for God is love. Love is the only way to save you and unite you with God. Pure love is not attained until all desires are eliminated and all appetites are renounced." (see Swami Sivananda's *Ambrosia*)

Besides this cosmic love, Sivanandaji has also the spirit of courage, which means fearlessness. Sivanandaji says: "Life is an adventure aimed at capturing the city of eternal bliss and immortality. A worldly man is spiritually dead. Fearlessness is the greatest asset of an aspirant. No virtue or spirituality can thrive where there is fear. Therefore, become absolutely fearless. Cultivate courage." (see Maharshi Sivananda)

Again says: "Success often comes to those who dare and act. It seldom comes to the timid." (see *Practice of Yoga*)

Confucius' thought goes along the same line, because he thinks that a man who possesses the sense of cosmic love, will risk life itself for the sake of love; so he is courageous and fears nothing.

A man's life, in most cases, goes on smoothly without any ups and downs. Such a peaceful life may be very comfortable, but it will not achieve much. Anyone after suffering a difficulty in his life, will have a more intense feeling of his experience and will lead himself in a more serious, earnest and truthful way, and will, in the end start a revolution not only in his own life but throughout the world. This is the austere life which Sivanandaji received at Swargashram. He used to go to some rich Kshetra (alms-house) for begging a couple of rotis and daal a day. Yet this to the hungry Tapasvin was good enough. He de-



voted 16 hours for meditation daily at Himalayas for more than 12 years. Then the Lord came into his life. The great philosopher of China Mencius also explained how a reformation can take place in an individual who has experienced the austerity. He said: "Thus, when Heaven is about to confer a great mission on any man, it first exercises his mind with suffering, and his sinews and bones with toil. It exposes his body to hunger, and subjects him to extreme poverty. It confounds his undertakings. By all these methods it stimulates his mind, hardens his nature, and supplies that which he is not yet capable of." These remarks of Mencius best explain Sivanandaji's leadership in the spiritual world.

Sivanandaji's spirit of love has gathered millions of people around him. This is wonderful enough, because this is not due to the art of propaganda, as in the case of Communists, but from the people's real appreciation of his noble nature. His love of goodness and good men can be illustrated from the last chapter of the book, *Great Learning*. It states: "In the Announcement of Kang, it is said, 'The Heavenly decree may not always rest on us; that is, good-

ness obtains the decree and the want of goodness loses it."

Swami Sivanandaji sees the deterioration of mankind in the divisions among the various religions, discrimination between the races, inequality between the classes in the same country, and also the difference between the standards of value in the various fields of human life. He therefore feels that the partition in religion or between one religion and another, or between religion and the other aspects of human interests, was wrong idea which should be put right as soon as possible. In other words, Swamiji sees unity of religion, unity in human life, unity of standard of values in the various fields of human activity. Therefore Swamiji carried on a reform of religion and all other fields. He lives in a world which cut right across the existence of different kinds of religion to a universal one; from a world of many nations to one where all are united; from the different standards of values in the various fields to a single standard for all subjects. He was a pioneer in the field of moral discovery for a unity of outlook for all mankind. He sees the unity and brotherhood of Man fundamental.

## A SOLACE TO MANKIND

(Sri Oscar Font, Havana, Cuba)

The multiple favours received from Swami Sivanandaji cover all facets of life: spiritual, mental, physical and economical. The number of books he has sent to me free of charge, even post free, is countless; the knowledge that these books have conveyed to my mind are priceless; and the blessings they have showered on my life are indescribable.

Besides all these, His personal letters and letters, plus His prayers on behalf of

dear ones and myself, has conveyed to me of a sense of nearness and reality of His love, more real than the aspect of matter that pervades the materialistic struggle of our life.

May the Mother of the Universe grant unceasing increasing of the name and ways of This Son of Her, until every nook of earth is blessed by His Name.

## Dr. Swami Sivananda, F. R. C. I. S.

(Dr. Sivananda-Hridayananda, MBBS, DO.)

On this glorious and sacred occasion, the 8th of September, the date of advent of our beloved Gurudev, I deem it as my privilege to be able to disclose to you the secret that our Gurudev is the greatest surgeon alive in this world.

After completing his primary education in the world-school, he entered the medical college of the Immortal Government and qualified himself as a Divine Doctor.

With singular personal charm, majestic personality, pleasing manners, ethical perfection, generous heart, boundless love, and intuitive knowledge, he now occupies the post of the Divine Surgeon of the Universe and commands the admiration of the people of all castes and creeds throughout the globe.

He is a highly qualified surgeon. He is an F.R.C.I.S. (Fellow of Royal College of Immortal Surgeons). He is well known throughout the world for his efficiency, proficiency and dexterity in performing major operations. He has specialized in a particular branch of surgery in which no other surgeons have so far succeeded to specialize. He is the only specialist in Ego-Dectomy Operation which is the most difficult, delicate and intricate of all operations. This operation is done for the removal of egoism, the most fatal disease of men.

As Swami Sivananda is a world-renowned surgeon, famous and highly qualified doctors from all over the world visit this institution, some for consultation, some for undergoing post-graduate course and others for getting themselves operated. I have heard him ask, each of

these doctors, whether they have ever performed or witnessed an Ego-Dectomy operation and the reply has always been in the negative.

I am a very fortunate soul as I am working under this Surgeon as his House-surgeon. This has enabled me to be with him whenever he is on duty, and also has given me the rare chance to witness him performing the most unique operation.

His approach to the patient, the pre-operative and post-operative treatment and the operation itself is similar to that of a Cataract Operation.

As we all know there is a bi-convex transparent lens in every eye. When this lens loses its transparency and becomes opaque, it is known as Cataract. In this condition the light rays cannot pass through the lens and the result is loss of vision. The only cure for this condition is the removal of the opaque lens by operation.

A patient suffering from Cataract usually comes to a doctor for consultation only when the opacity in the lens blurs the vision. Similarly a patient suffering from the disease of egoism, comes to Swamiji, the Divine Doctor, only when he undergoes suffering in the world due to the blurring of his internal vision, caused by the disease, Egoism.

We do not admit the patient for operation till the Cataract is mature. So also Swamiji, the Divine Surgeon, does not admit the patient in his institution till he has become mature by going through the multifarious experiences of life. Till the cataract is mature the patient is advised to get himself examined every six months or once a year, as the case demands. During



this period he is advised to take Vitamins, to keep his urine clear of any sugar, etc., and suitable glasses are prescribed for the time being to enable him to gain at least partial vision. Swamiji also advises his patients to consult him periodically and prescribes the vitamins of Japa, Kirtan, etc., and gives them partial vision through the glasses of his literature and inspiring letters. He also advises them to keep their mind free of all evil traits.

When the cataract is mature the patient is admitted in the hospital. As the patients are usually nervous they are admitted in the hospital two days prior to the operation to enable them to get acclimatized to their surroundings. They are given opportunity to talk with the other patients who have been already operated. This gives them confidence in the doctor. The nurse in-charge advises them as to how they are expected to behave during the operation, etc. Soon the patients are anxious to get themselves operated. In a similar manner, when a patient has had sufficient worldly experience to make his mind mature he is admitted in Swamiji's institution. They are given good food, clothes, biscuits, butter, jam, etc., and are made to feel at home in every possible manner. They mix with the other inmates and gather all the informations they require. The Professors of Yoga-Vedanta and Hatha Yoga teach them all about this wonderful Ego-Dectomy Operation, and instruct them how to conduct themselves if they are to be operated successfully.

Just before the operation, the eye-lashes are cut, the eye is externally and internally washed with necessary lotions, the patient is given a change of clean clothes and is taken to the operation theatre. Swamiji's patients get their hair cut, have

their external bath in the Ganges, their internal bath by the performance of Viraja Homa and put on the Geruva cloth before they are taken to the Sannyas theatre.

Now the operation is performed. Novocaine is injected to make the operation painless. The eyelids are kept open by means of speculum. The eye is cleaned with anti-septic lotion. If the patient strains, tension will be created and the operation will not be successful. So they are coaxed to talk during the operation. The eye is fixed with fixation-forceps and with a sharp cataract knife an opening is made in the eye-ball and the thick covering of the lens. Immediately the fluid rushes out through the opening. The lens is slowly and gently removed from the eye, the inner part of the eye is then irrigated with saline lotion to remove the soft parts of the lens. Anti-septic ointments are applied and the eye is bandaged. The operation is completed and the patient gets good vision when the bandage is removed after seven days. Henceforth he enjoys a happy life.

Let us see, now, how Surgeon Sivananda performs the operation. With the injection of lavish praise, kind and encouraging words and genuine love, Swamiji makes the operation painless. With the speculum of Guru's Grace the mind of the patient is kept open. It is then washed of all impurities by means of the anti-septic lotions of selfless service. The tension of the mind is relieved by making the patients sing kirtans, do japa, etc. The mind is fixed by practising concentration on the Ishta Devata. It is then pierced through with the sharp knife of discipline and austerity. This will enable the fluid of old vasanas to flow out the mind. The egoism is then slowly and gently eradicated. The

mind is then irrigated with the lotion of meditation on the Self to remove it of all the latent desires for worldly objects and sensual pleasures. Anti-septic ointment, Mowna and bandage of seclusion are applied and the mind is thus bandaged away from the external world for a period of time. During this period the heart gets completely purified, the patient attains in-

ner vision, gets illumination and henceforth rests in eternal bliss.

Let us all join together and pray that our beloved surgeon, our beloved gurudev be spared many more years in this world to relieve us from this fatal disease of Egoism and to bestow on us the healthy life of Immortality.

## Self-Realization

(Sri Swami Sivananda)

1. Brahman is the Supreme, the Beautiful, the Immortal, the Everlasting and the Imperishable.

2. Brahman is Truth. Tapas is Truth. The Creator is Truth. All beings are born from Truth.

3. Knowledge alone is the Supreme. Sanyas is the greatest Tapas.

4. To be in tune with God is to be like God.

5. God's grace and ways are very mysterious.

6. Yoga shows you the way. Yoga unites you with God. Yoga makes you immortal.

7. When one gets freed from all Samskaras or impressions, he attains Self-realisation.

8. When a man attains Self-realisation to him there is no Lord for he Himself is the Lord of three worlds.

9. To know Brahman one must experience the identity between him and the Self or Brahman.

10. Without devotion and dispassion one cannot attain wisdom and Self-realisation.

11. Keep your heart open to learn

from one and all.

12. Do not become a tool or slave of rich men.

13. Be obedient. Be loyal. Be submissive.

14. Bear suffering with courage. Do not bother others with the details of your suffering. Have trust in God and Pray.

15. Act with sound wisdom and prudence. Be polite and civil in your manners, prompt in serving and obeying others and righteous in conduct.

16. He who is purified through wisdom, serene, self-controlled without egoism, without 'Mineness' is freed from all sins. He is liberated.

17. Sacrifice. Study. Do charity. Practise austerity and continence. Meditate. This will lead you to the realm of Eternal Bliss.

18. One's thoughts and actions show what one is. Therefore constantly examine your thoughts and conduct.

19. Openly admit your faults and earnestly strive to make suitable amends.

20. Be slow and thoughtful in making promises but having once made them, fulfil them zealously and quickly.



## Synthetic Yoga of Sivananda

(Sri S. Subba Rao, M.A., Divine Life Society, Secunderabad)

Yoga is the process of uniting (or making one realise the essential unity of) the Jivatma and Paramatma or the individual soul with the Universal. The Gita is said to have arrived at a happy synthesis of the paths of Karma (action), Bhakti (devotion) and Jnana (Knowledge) so as to ensure a harmonious Perfection of all the human faculties, thereby raising Nara to the state of Narayana. With the same purpose in view, Swamy Sivananda Maharaj has brought out more than 300 Volumes, the essence of which may be summed up in the terms "Synthetic Yoga". To my mind this Yoga is thoroughly Psychological and is specially appealing to the modern men and women educated in western lines. The Yoga may be said to consist of three distinct stages or steps, working out the evolution of the Jiva from the human to the Divine plane of consciousness.

Unity is God and variety or multiplicity is Prakriti (nature) or Maya. So long as the Jiva is a bond-slave of Maya, his mind and senses crave for variety both in respect of material enjoyments and spiritual Sadhana. By ceaseless practice the mind and senses should be made to rest on a single object or idea. The first step in this kind of Sadhana is to cultivate the habit of moderation in all activities of life. The Gita tells us that the Yoga of mind control is possible only to one who is moderate in his food, sleep, recreation and all other activities of life. The sorrows of such a one will end.

The ancient elixir of life is put in new bottles, beautifully labelled and presented to the public in the following poem of Swamiji: "Eat a little, Drink a little etc...."

By a strict observation of the above principles, physical health and mental regularity are ensured not only in worldly activities but also in spiritual Sadhana.

Swamiji gives a practical demonstration of how to accomplish this task in his daily morning Satsangs in the Office. The day's routine begins with a short prayer. After attending to correspondence, Swamiji relaxes a little and calls for a song from one of the ladies or a Kirtan from a child. He then takes up serious work and scrutinises the addresses of the many packets of books sent out by post to different parts of the Globe.

Again there is a short period of relaxation. He asks for a short speech from someone or a few riddles from children. Sometimes he cuts jokes, welcomes visitors and gives Mantra Upadesh. At this point light coffee is served, "cups that cheer but never inebriate". Now some articles will be presented to Swamiji or some newly published books brought for distribution. Work is done with lightning rapidity and time flies unnoticed. At the end of an hour and a half or two, the session terminates with a short prayer by Swamiji himself and the audience never feel their bodies or minds taxed. This is how Swamiji wants us to discharge our daily round of duties, work and Prayers alternating so that neither is felt heavy nor tedious. This not only conduces to physical health and mental exhilaration but makes all work light and pleasant. In course of time the countless propensities of the mind are gradually reduced and thereby the activities of the mind and senses are regulated and steadied.

The second rung of the ladder of this synthetic Yoga is summed up in three pairs of words: Serve, Love, Give, Purify Meditate and Realise. When the preliminary ground is cleared by observing moderation in everything, an aspirant is ready for real Sadhana. At this point he develops an understanding of his relationship with his fellow beings in society. Regarding them all as children of God, the Universal father, and hence his own brothers, he learns to love them. This attempt at expansion of love or development of Divine love engenders the spirit of service; for selfless service is the highest expression of divine love. One can serve only those whom one really loves without expecting any return. Disinterested service of humanity broadens the mental horizon and deepens the sympathy of the heart. Charity is the immediate result of such culture of head and heart. Charity reduces selfishness and this constitutes the purification of the mind, for selfishness is the one great impurity of the mind that sets up barriers between man and man, and prevents him from realising his essential unity with the whole of the Cosmos. A purified mind alone is capable of meditating and meditation is the gateway to God. When meditation is practised to perfection, one realises God or Brahman.

The third stage of Sadhana or the last rung of the ladder of spirituality is simple but profound. It is briefly expressed too. If the process of Sadhana may be compared to a hill, the first stage resembles the wide base of the mountain extending over a large area in the valley below. As we ascend, the hill becomes steeper but narrower in girth; and when we come to the top, it is almost a point. Exactly similar is this synthetic Yoga. The first lessons dealing with the broad ways or foundation of a truly spiritual life are many and manifold. As Sadhana advances the aspirant gains

strength, intensity and concentration. When Sadhana is nearly complete, the intellect, mind and senses are all focussed on a point. This stage is briefly expressed thus, by Swamiji: "Be good. Do good". Human nature becomes perfect and divine when it is divested of all places of evil or when it is all goodness. One who is all goodness can never do anything evil. Hence a truly good man is the finished product of all spiritual Sadhana, the ambrosial fruit of the tree of Yoga. The life of a goodman is taken up not only with the doing of good, but with inducing goodness into others and prompting them to do good. It is therefore said that the greatest good that a man can confer on the Universe is to become fully good himself.

In the West, greater prominence is given to doing good. What with the advancement of Science and what with its wonderful capacity for organisation, the West launches itself forth on an extensive scheme of social institutions calculated to do the maximum good to humanity. But neither these institutions nor their acts of goodness confer unmixed blessedness on humanity. As the good works are, more often than not, prompted by selfish ends (personal, national or religious) they tend to increase egoism of their authors, which is quite the reverse of spirituality. Actions prompted or motivated by egoism or selfishness cannot last long, nor be a source of unmixed good. On the other hand they may turn out to be sources of factions, jealousy and hatred. In the East, however, all emphasis is laid upon being good. One who is absolutely good radiates goodness. All his actions are motivated by selflessness and directed towards Universal welfare and well-being. Such impersonal works alone endure and confer lasting blessedness



on humanity. This is the pinnacle of Yoga and Swami Sivananda Maharaj is the greatest exponent of this synthetic Yoga in our own day. We are blessed that we happen to be his contemporaries and have

easy personal access to him.

May God Almighty preserve him for many more years in sound health so that he can serve humanity with unabated vigour and everincreasing enthusiasm. Om Tat Sat.

## *A Vanamahotsava Homage*

TO THE TALL GREEN TREE OF HUMANITY—SAGE SIVANANDA

(Sri B.D. Tewari, New Delhi)

O! Tall, expansive and evergreen tree,  
Our heads bow in obeisance to thee.  
Taller than the tallest of humanity  
Thou art ever nearer Heaven than we,  
With thy head held aloft to the sky,  
But the roots deep down in the earth,  
Thou art immersed in heavenly bliss  
Which philosophers glorify but most of us miss.  
Ever bestowing sweet fruits, shade and solace,  
To men, animals and birds alike,  
Thou wilt still be there after a hundred years,  
When they will be no more to pay their homage to Thee.

Thou mute witness of tumults and storms,  
Empires, kings and men may go,  
Thou continues to survey the variegated scene,  
With philosophic calm and fortitude,  
Ever in blissful communion with the Heavens.  
But even among men, there arise now and then,  
Men of God, tall like Swami Sivananda  
Who vie with thee in proportions, O, Tall, mighty tree,  
In learning, love, service and communion with Satchidananda.

Breathes there the man with soul so dead,  
Who never to himself hath said,  
In tune with the blissful Vanamahotsava:  
"Let us pay our reverential adorations  
To the evergreen, expansive, living sage,  
Our Glorious Sivananda",  
Ever dispensing sweet solace to North and South,  
And East and West alike,  
With philosophy, sermons, service, music and song  
Full of heavenly bliss, let none miss.

## *Siva Writes to Divinise Man*

(Dr. Lakshmi Mirchandani, M.B.B.S., M.R.C.S., L.R.C.P., New Delhi)

"Prepare me as Thy sweet messenger on this earth so that I may radiate joy, peace and bliss to the whole world. Let me utilise this body, mind and senses in Thy service and the service of Thy creatures! Let me love all as my own self!"  
(From Universal Prayer, Essence of Yoga)

Thus prayed Gurudev from the very depths of his heart when he was preparing himself for the great mission. That sincere cry from the heart cannot but be answered and it was, as we all know. This simple prayer gives a clue to Swamiji's activities and we see how all his writings radiate from the one central idea—Service of mankind. That is why he has written on every thing that makes or mars man's happiness.

The modern civilisation, which is becoming more and more materialistic and less and less spiritual, and the consequent trail of misery of man, have brought home to us the fact that the basis of happiness even here on earth is Self-knowledge. Hence most of Swamiji's books are on either philosophical or religious subjects. But his sympathetic heart bleeds at the sight of the terrible sickness around, all due to the ignorance of simple principles of health and easy remedies. To mend this he wrote books such as "Home physician", "Home nursing", "Bazar Drugs", "Care of the Eyes", "First Aid", "Health and Long Life", "Health and Diet", "Practical Household Remedies", and many other books which have been greatly appreciated.

Another great desire of Gurudev is to bring unity and harmony into this sectarian world. He convened a Parliament of Religions and published its deliberations.

His books have a catholic outlook and a number of them have been translated into foreign languages. The kaleidoscopic view of his devotees and the rush of foreigners to his Ashram testify to the universal appeal of his literature.

The number of books and the variety of subjects dealt with by a single author strike one with wonder; but the objective behind all the writings wins everybody's gratitude and reverence. Though Swamiji has written scholarly books such as Brahma Sutras, Upanishads, Gita, Kundalini Yoga, Raja Yoga, etc., his main aim is to infuse religion into every man and thus reveal the divinity in him. In his books we get, in a very easily assimilable form, the deep and intricate wisdom of Vedas, Puranas, sages, saints and scholars with the advantage of his personal experience.

### WHERE GURUDEV SCORES

But great as these scholarly books are, they are not the only cause of his popularity as an author nor are they his greatest contributions. The unhappiness and the apparent irreligiousness of the present day "is due not to ignorance of the religious beliefs or the spiritual truths among the people but it is mainly because of the individuals' growing incapacity to live up to the ideals which they have already realised." Herein is the unique value of Gurudev's writings. His books are greater than any others and his contributions to the sum total of human happiness is the greatest because of his indefatigable efforts to help us live up to the high ideals and attune ourselves and our actions to our intellectual convictions and thus be true to our being. This is his mission and is the source



of the greatness of his vast literature. He has written for every strata of society and for all ages and in all forms. He has written prose and he has written poetry. In his books he is both serious and humorous, he encourages the good and striving, but rebukes and ridicules the wrong. Each one of his books has a charm of its own and flowing through all is a continuous stream of love. No matter what books or what page one opens, there is always a line that provokes thought, answers a question or soothes a hurt. Swamiji's books infuse courage and self-respect. They goad one to effort. Sentence by sentence he chisels our character. Here is an instance:

"Mastery over mind should be the object of Yoga Sadhana. If you can remain unshaken by grief and loss, anger and malice, lust and greed, hatred and jealousy, if you are able to curb egoism and selfishness, if you are not swayed by likes and dislikes, if you have equal vision, a broad

heart and a catholic mind, if you possess a sterling character and good manners under all circumstances, if you value the need of others above your own, and your mind is over engaged in contemplation of His all-pervading presence, then you can assure yourself that you are practising True Yoga."

A few words about his own inimitable style which contributes greatly towards the undoubted success of his literature. It is short, crisp and very expressive. It bridges effectively the gulf caused by distance so that while reading his books one hears his voice and almost catches a glimpse of the expression on his face.

"Sadhana" is typical of his writings and is just wonderful. This can also be said of many of Gurudev's books.

May Gurudev have many many more years of good health so that he may complete his mission of raising every man to god-head.

## World Peace

(Sri Colin Unwin, Editor: "The Unism Plan", Perth, W. Australia)

As we believe that Permanent World Peace depends upon men and women learning to work together through our political and economic institutions within their own respective countries as a basis for all nations co-existing and co-operating in a Grand World Partnership we would like to focus attention on the words of Revered Swami Sivananda, as set out on the front cover of the March issue of the "Divine Life" Journal:

"The spiritual and cultural progress of a nation is dependent, to a large extent, on its material well-being. The mind can soar

high only when it is free from the anxiety for basic material needs. No moral stature or national virtue can endure long under dreary economic distress....The nation needs a balanced material and spiritual reconstruction".

We hope that your Leader will be blessed with good health and strength so that, for many years to come, he will be able to carry on his comprehensive spiritual and humanitarian mission. We, ourselves, are very grateful for the encouragement he has given to us from time to time in his inspiring letters.

## *Sivananda's Shining Saintly Life*

(Srimati Madeleine Jan)

His Holiness Sri Swami Sivananda's Birthday is going to be an event which will give happiness to the whole of India and to the many friends he has in all parts of the world.

As I progress in the study of the Divine Life Literature, my admiration to the Swamiji increases. When I evoke the radiant towering figure of the great Sage of Rishikesh, I am suffused by a sentiment of limitless gratitude. It is truly consoling to muse on the fact that there, so far away and yet so near, beings that are attracted by the same ideal of truth, purity, beauty and love, have left everything in order to follow their Master, Swami Sivananda and to put his divine teachings into practice.

To be able to recollect that in the very heart of the atomic era which is so constantly in a state of turbulence and so torn, so at strife, and so apt to be overwhelmed by the sudden outbreak of a catastrophe unleashed by the stress of the mad, antagonistic forces which are convulsing it—to be enabled to think that in such an era there exists, near the sacred river Ganges a meeting place where people of all races, creeds and colour may fraternise and be united in the common endeavour to find unity, mutual understanding and real love. That is a miracle which is most consoling and encouraging.

What I find most marvellous is the way in which Swami Sivananda's universal teaching fits the needs and aspirations of our convulsed and tormented epoch. Because our industrialised, mechanised world has no time to listen to just theories, it needs practical examples and facts. And

these exactly are the features of the teachings of Swami Sivananaji.

Swami Sivananda without condemning or misjudging the technical capacity, the extra-ordinary intelligence and growing abilities of man bent on the conquest of the physical universe, asserts all the same very clearly his position as the defender of the higher worth and value of man. He has come to restore man's dignity. This great modern saint is in possession of the greatest and noblest power of all—that of being able to liberate mankind from all the most brutal as well as the most subtle and disguised forms of slavery. While nothing striking and novel in the experiences of the exterior world escapes the observation of this great idealist who is also realistic and spiritual to the highest degree, he is looking, perhaps more attentively than any other human being can do, into the abysses of our innermost being.

Swami Sivananda who can also attend to the wounds of the body, is a great healer of souls. Not only does he understand, comfort and console the afflicted, but impelled by indescribable generosity and a fire with the wish to help man, he also takes the trouble of giving to everyone who desires to perfection himself a technique which fits his particular case and condition. From the height of the summit which he himself has reached, he beholds with the necessary vision and detachment and unfailing lucidity the particular way which is the best to follow for each different individual the most suitable for his temperament, psychological make up, and race, and taking into account the nature



and disposition of the aspirant to Ultimate Reality, the way in which to apply the remedy. Swami Sivananda's teachings are founded on his vast personal experiences. Therefore, let us rejoice that in this world so great a sage exists whose sole desire is to give to men that which they need most and aspire in different degrees of intensity.

Swami Sivananda's teaching is full of life. Religion, for Swami Sivananda, is not

an accumulation of complicated rites and ceremonies. Religion is a way of life. It ought to penetrate every aspect of daily life as it is lived, from the highest and most striking to the humblest and most modest. His Divine Mission is to help every one to free from fear, superstition, ignorance, and fanaticism. May the noble example of his shining, saintly life inspire the world.

## *Vision of Wisdom*

(Sri Swami Sivananda)

1. The universe is one family, a single unit.

2. Truth is known by Insight.

3. Dharma supports the universe. Dharma is Law.

4. Know Him by faith, devotion and meditation.

5. Life is a preparation for self-realisation.

6. Life is an art, the art of self-adjustment with the entire creation.

7. Life is eternal. Man is slowly awakening to the fullness of the Consciousness and realisation.

8. Self-discipline does not mean suppression but taming the brute within. It means humanisation of the animal and spiritualisation of the human.

9. Humanisation of the animal nature is the first step on the spiritual path.

10. Love of God is the most essential principle of religion.

11. Nothing that changes can be called Real.

12. Spiritual discipline is of fundamental importance for every aspirant.

13. Sincerity is a fundamental requisite on the spiritual path.

14. Self-restraint is a basic Yoga. You cannot have balance of mind without restraint and sublimation of the lower urges.

15. Eshanas are the primal urges for wealth, fame, power and sex.

16. Without discrimination and dispassion spiritual life is just a mockery.

17. The practice of the formulas 'Adapt, Adjust, Accommodate', 'Bear insult, bear injury' is a great Titiksha or endurance.

18. Live relaxed, breathe slowly. This is Yogic way.

19. Faith in God, faith in oneself, faith in the Guru, faith in the wise teachings, faith in all that is good and noble is the sap of life.

20. Take care of the details in Sadhana. The major factor will take care of itself.

21. Understand well before you take a step. Have a clear-cut ideal and then have right attempt.

# Importance of the Divine Mission

(Sri Olgerts Kaugerts, Melbourne, Australia)

The Divine Life Society is passing a major mile stone in its history. It has completed a quarter of a century in edifying service to India in particular and to the whole world in general. Inaugurated by Sri Swami Sivananda on a modest scale it has developed into a global organization through the founder's and his associates' zeal and enthusiasm. The reason for this splendid achievement seems to lay in its aims—particularly in dissemination of spiritual knowledge. Otherwise it would not have met so encouraging a response from so wide circles of present day humanity. One can infer that its activities are reciprocating the predominant desire of everybody—longing for happiness.

Everyone has some preconceived notions of the means and ways for attaining greater felicity. But few are able to turn their efforts into positive results, because of majority's ignorance of a specific direction. Many, dissatisfied with the coarse enjoyments of flesh, are trying to establish paradise on earth by the trial and error method, but fail to reach it due to lack of proper guidance. The mental horizon of most people is so narrow that it hardly permits a rational analysis of lasting values in our lives. They are thoroughly acquainted with deriving sense pleasures from material objects, but very superficially with subtler constituents of human personality—emotions, mind and soul and their place in phenomenal universe. Although to everyone the questions: "Whence do I come?" and "Whither do I go?" have emerged at some time or other, few seem to have discovered finite indications as to where and how to look for answers, especially in the West. If one is lucky enough

to meet a competent person or find an authoritative book, the ideas expressed by them are in an explicit and general form and leave ample room for misinterpretations. Therefore, on the narrow path to quest of truth one has to waste much time in vain efforts if he is entirely left on one's own resources.

These shortcomings are easily overcome through the services rendered by the Divine Life Society. Flooding the world with spiritual knowledge in every form, Swami Sivananda enables inhabitants of all continents to receive enlightenment about the goal of life and the paths leading towards it. Not only theoretical knowledge is imparted, but also its practical application, in order to equip one for verification of verbal postulations by direct experiences. The competent guidance by the saintly founder, together with his extensive and profound spiritual insight vouch for a safe anchor for the neophyte's rolling mentality. The modern man is used to be fed systematically and with concise preparations. Therefore, the teachings are presented to him in a functional manner. The publications and correspondence of the Society are catering for everybody's taste. Because of the practical adaptability and explicit form of instruction many are attracted to its propagated ideals. In accordance with the founder's intent—to disseminate spiritual knowledge to the masses—the Society has become a major factor in spiritual regeneration of mankind. It has been proclaimed by Sri Swami Sivananda that time has arrived for man to develop into superman. The society is providing purposeful instrumentalities for him to reach this



summit.

The importance of the Birthday celebrations of the Founder is revealed by the fact that so numerous members of present day humanity have fully appreciated the Divine Mission's merit in their spiritual evolution and, therefore, extended their support to the growth of the Society. The continuous growth and expansion of its activities during the past 25 years clearly manifest the need and importance of its existence.

The significance of the birthday celebration is demonstrated by the gradually

dawning spirit of enquiry into man's deeper nature throughout the world. It is an unmistakable proof of the average citizen's dissatisfaction with mere material comforts and hedonism, and his developing aspiration for knowledge of something more abiding in nature.

The importance and significance of the Divine Mission of Sri Swami Sivananda is obvious from the deliberations mentioned. Therefore, I can look with unshakable confidence a more magnificent progress in future. May Swami Sivananda live long!

## *An Exemplar of a Way of Life*

*(Sri Howard John Zitco, DD., D.Litt., World University Roundtable, California)*

Although separated by thousands of miles of ocean and wilderness, I send along to you over the miles my love and devotion on the occasion of your 75th Birthday.

Sri Swami Sivananda is a seer of which the world has produced too few noted examples. He is a true Son of the Solitude whose exaltation on the Tibetan plane of soul consciousness ranks him among the greatest living men of our time.

It is rare to find in this day and age an illumined Soul whose mind knows no frontiers. Sri Swami Sivananda has such a mind. His vision of life goes beyond the narrow sectarian creeds which imprison the still struggling neophyte. His gaze is fixed firmly on the Divine Architect on whose trestle board is planned the pattern of life. His consciousness has reached such heights of spiritual attunement to divine reality that he can view the world with a compassion that encompasses all of life.

In the Western world, we see Swami Sivananda as the embodiment of that type of perfection which must someday come to

all men. In America we see him as the exemplar of a way of life that makes men conscious of their identification with God in whose image they were created. We see nothing miraculous in his magical powers, only a profound understanding of that spiritual science by which he has learned to live for mankind, rather than for his own glorification.

The International Secretariat of the World University Roundtable salutes Swami Sivananda on his 75th anniversary and in commemoration of a full life of outstanding service to the race. His spirit broods over the affairs of our institution like a protecting mantle and his meditations encourage us to hold high the light in a world of encircling gloom.

May God grant him birthdays without number and such numerous collaborators in the vineyard of the Himalayan Masters that his friendships shall be as the grains of sand on the seashore.

To Swami Sivananda, we impart the only true and noble blessing.

## *Sivananda's Dynamic Idealism in New India*

(Sri Swami Chidananda, General Secretary, D.L.S.)

Swami Sivananda is today regarded as the Voice of India by a great many people in most countries. His Message of Divine Life, of practical Vedanta and Yoga, is rightly considered as the Call of Cultural Bharat in the truest sense of the term. Here, it is not the aesthetic aspect of culture that is implied, but rather the basic culture of the Vedic Wisdom that constitutes the very essence of our peoples' life. Everywhere one travels, one finds people whose lives had been touched and changed by the teachings of Swami Sivananda Maharaj and filled with a love for our blessed land and its inner ideals and a longing to see India and live the life of Dharma and Adhyatma. They invariably felt in Swami Sivanandaji an astounding and a living synthesis of the most ancient and the most modern as well as of the mystical East and the practical West. His contribution to this unique phenomenon of international sharing and exchange of cultural ideals and of bringing the east and the occident closer together in a bond of understanding and mutual regard, is indeed stupendous when we ponder his remote and simple life as a monk of the Rishikesh foot-hills. The deep significance of this life-work of our sometimes unconventional and always dynamic Saint of Ananda Kutir is brought home forcibly to us when we realize that such a sharing and fraternalising amongst world-humanity is the distinct and very special characteristic of the present century.

This eventful and conflict-filled Twentieth Century is, very paradoxically enough, a time when there is an unprecedented uni-

fication of Humanity in many fields of life. A coming together in understanding between peoples and a mutual interchange of cultures and fruits of progress is being witnessed today as has never before taken place in the history of Mankind. This toleration and appreciation of cultures other than one's own and a willing sharing and exchange of constructive ideas and knowledge among nations and races is a very distinct feature of the present age. Occidental technology is being shared with the Orient while the ethical and spiritual ideals and ideas of the East are being eagerly welcomed and avidly imbibed everywhere in the West.

All eyes are focussed upon India as the first half of this century drew to a restless and painful close in an anti-climax of disillusionment and soul-weariness. A global conflict, which a great many sincere people thought would put an end to all future war and establish world Peace, turned out to be but the fore-runner of the thermo-nuclear era. Hate filled, fear gripped, suspicion darkened and deception ruled, this era is sick with a malaise that no summit conference, pact or paper treaty can possibly cure. For vice has hit the human factor and politics is powerless to remedy a process that has commenced to eat into the vitals of human nature. Politics can shape and change systems, but man it is that makes and shapes politics and its policies. Man has got to change.

How many are there in this world today who see with clear vision the unmistakable nature of this global problem of



this age of ours? How many verily whose hearts are filled with a great love and moved by a deep compassion to set about remedying this root illness? It is the great good fortune of modern humanity and great blessedness of New India that among her sons are to be counted a good number of those who have realised the true nature of the present world problem and, being moved with higher altruism, have embraced a mission of moral and spiritual rescue of man in crisis.

Swami Sivanandaji's stirring call to Divine Life stands in a unique and remarkable relationship to the above developments you witness in our New India. As though with prophetic foresight this Sage of the Ganges' bank anticipated them boldly by three decades and more, through determined and dynamic propagation of the message of divine living, which embodies the most salient factors of the Vedic Way of Life. Swamiji emphasises world-wide dissemination of those fundamental life-principles and lofty ideals of our inner culture and great Dharma.

The effect of this Sannyasin's bestowal, his unique "Jnana-daan" was a global one. From all countries countless people responded to the call of Bharatavarsha's cultural ideals and began to mould their characters and their daily lives under the guidance of Swamiji. To them Swami Sivananda became the epitome of India's aims and aspirations

in the vital sphere of human life and its effective living. The cultural sharing by Swamiji stands as the symbol of a cosmic Sarvodaya on the levels of man's spiritual and ethical being. His now world-renowned gospel of selflessness, truth in all dealings, renunciation of personal welfare for the welfare of others (Tyaga), motiveless service unto others and ceaseless endeavour in self-culture, became the very life breath of thousands of his devoted disciples in places all over the modern world.

This great human process of making life noble and bringing virtue into human thought and action is now seen to be at work all over the globe despite its interruption for a time in certain parts of the world when the second war swept away normal life off its moorings amongst vast sections of peoples for almost a decade from the middle thirties to the middle forties. The most astounding feature of this sublime work of Sivananda Maharaj is the introduction of the glorious monastic ideal of Bharatavarsha into the everyday life of the individual in secular society. Swamiji has given the present age a new and dynamic interpretation of the true spirit of Sannyas. He has brought the monastic ideal out of the Ashrama and the solitudes of the forest and the mountain and given it to the man in the world as an indispensable need of the hour if peace was to prevail, welfare achieved and happiness of one and all attained.

# *The Bright Light in a Dark Age*

(*Sri Devidasa, Lincolnshire, England*)

With its back to the Sun, and from time out of mind, the world has bewailed the shadow that then confronted it. "How," it implicitly demands, believing itself well-advised, "Can I so live as to derive maximum material benefit for myself?" Then through Nature has come, and will come, the silent but effective reply, "Alas, by the very nature of the relationship between the Manifest and the Unmanifest, that can never be." Thence the trouble begins and grows, then develops into such a complex network of several thicknesses, stretching back and forth in time, and in all directions in space, that it becomes the mistaken premise of world organisation. And, with backs still to the Sun, they succeed only in further complicating a situation it is their intention to resolve. But there is a basis of hope concealed in the confusion, for transition always began with an increase of existence chaos. So much for the negative hope.

There are excellent grounds for positive hope too, for away from the world of science, television and jet aeroplanes, yet penetrating it, is the influence of a Movement that aims to bestow the qualities that would dignify an otherwise cruel absurdity: complaining of the candle-light and stagnancy within the cave when, without, the Spring Sun benevolently rises in the pure clear air of a cloudless sky. Never before in the history of explicit Spiritual outpourings, has the Light of Divine Blessing reached every land within the carnate lifetime of its single Mediator. There is not a land wherein the shadow of selfishness is not receding, and the manacles of materialism falling away, before the Grace and

Light of Sri Swami Sivananda Maharshi of Rishikesh.

"Small is his work who labours after his own salvation or after that of a few. Infinitely great is His... Who lives only to bring about Peace, Love, Joy and Harmony amongst all mankind". Sri Swamiji is a singular embodiment of Divine Love who has, wants, and ceaselessly strives for, nothing but the means to destroy the cause of the world's woe, and to substitute for it certain and everlasting Bliss. It is the ear that proposes, "This is music," as it is the heart that responds to Love; and without responsive percipients expression would in effect be only potential. There are some hearts that would respond to Love if only it were brought to them; that is why Swami Sivananada may be read, heard and seen anywhere in the world, through His millions of written words, His records and photographs. His Love reaches to the outer darkness of materialistic perdition, to meet those who have been hustled willy-nilly into its obscure corners; thence perchance to restore them to their true dignity, and shew them how to maintain it for ever.

But physical distance has not the absolute validity that mundane consciousness ascribes to it; and the higher and more subtle the response given to the noble aims and Grace of His Holiness, the more will His written words assume the effect of spoken ones to the readers, the more close will be His Presence at all times, and the more deep the fulfilment of His far-reaching purposes. Indeed, such is His Grace and Power that, given the right attitude, miraculous and reformative modi-



fications have been known to take place in His readers at great physical distances, not by prolonged austerities, but by mere reading. There must be many who have never seen Him in the flesh but who yet know Him more truly than many they actually see every day, and those who enjoy this experience will know that there is not one of His books that does not explain this. Nor will restlessness depart from them who having once made contact with Sri Swami Sivananda, do not maintain it, for He is, and offers, "That Peace which passeth all understanding;" and to this end exerts so many means, gross and subtle, all at once and without ever ceasing, that the mind cannot formulate a true picture of it.

"Be not ambitious for yourself, yet work as do those who are." He does not only this, but works as many such put together,—and for everyone but himself. Many are benevolently aided in this world,

and do not always know the Source of that benevolence. Let us by all means look to history and to the Great of yore, and draw inspiration from them, for They are ever with us, here and now; but it is secure to predict that in many long ages to come spiritual aspirants will be saying, "Would that I could have been in Rishikesh, long ago, in the twentieth century!" They will in any case be performing pilgrimages thither in their own centuries.

Relatively short is the list of truly honourable Names, but engraved thereupon for ever, in incandescent letters of pure Spirit, is the blessed Name of Paramham-sa Sri Swami Sivananda Saraswati Maharaj,—through Whose Grace that list will ever lengthen. "Though Thy Light shine in all places, at all times, and with all brilliance, yet is not seen by too many—may those that can see, multiply and multiply".

## SPIRITUAL AWAKENER NO. 126

### KINDLE THE DIVINE FLAME

1st September, 1961

Adorable Immortal Atman,

Om Namo Bhagavate Vasudevaya.

Salutations and adorations.

Still the senses,

Subdue the mind,

Soften the heart,

Lead a life of righteousness,

Kindle the Divine Flame,

Remove the dross of ignorance,

Fight the inner battle bravely,

Realise Brahman,

Become Immortal.

May Lord bless you,

Thy own Self,  
SIVANANDA

## The Greatest Living Saint

(Guru Bhakti Ratna, Sri P.N. Narayanaswamy Chettiar Thanjavur, South India)

Nearly a quarter of a century has rolled by since I came across Swami Sivanda's literature. The moment I heard him through his writings and perused his life-history, I felt that I was meeting an old Master after many, many years of separation. Such a thought ran in me presumably—I was his disciple in my last birth also.

During all these 25 years I have been writing to him whenever I am worried officially or domestically—and promptly came the reply containing detailed instructions. Every one who had the fortune to get a letter from him knows that the reader gets immediately a feeling of Godliness, mental happiness and a flash of light which dispels all the darkness that clouded the reader's vision till then. Being in constant touch with him, following his instructions to the very letter and also making others do so wherever I went in Tamil Nad all these years have been the *summum bonum* of my life. If I had many promotions departmentally, much above my expectations, and a smooth sailing domestically, I am sure, they were due to his Grace.

Ever since I become his disciple, I was longing to have his Darshan at his headquarters. I wrote to him several times to grant me this boon. But always came the reply: "Wait. God knows when to send you here." At last a couple of days prior to the Maha Sivaratri of 1959, soon after my retirement from Government service, I had the fortune to fall at his feet at Ananda Kutir. It was about 9 p.m. and his attendants told me that it was too late to see him. Though I did not want to disturb him at that hour, a call came immediately

from inside. I ran in and prostrated before him. Even before I could get up, came the query from the Divine mouth: "Well, Mr. Chettiar, what about your pension?" This shows not only his capacity of thought reading but also his keen interest in the welfare of his disciples.

After a week's stay at the Himalayan Heaven, while taking leave of him, he began giving detailed instructions to my wife about making good "Rasam, Vadai" (South Indian dishes), etc. and feeding me sumptuously so as to enable me to do more and more Divine work.

For 74 long years he has served, loved, given, meditated and Realised. He has churned the ocean of Indian Vedanta with the Meru of intelligence, using the serpent rope of dynamic will-power and distributed the resultant "AMRITA" among the thousands of thirsty souls all over the world, through his innumerable books, literature, individual letters, etc. It is an admitted fact that he is the greatest living Saint in the world today and an Avatara Purusha, combining in him all the Divine qualities of his predecessors, *viz.*, compassion of Buddha, self-sacrifice of Christ, Brotherhood of Confucius, Love of Islam, Duty of Rama, Service of Krishna, intelligence of Sankara, devotion of Chaitanya, genius of Vyasa and Ahimsa of Gandhi. It is also well known fact that he has succeeded in sending his disciples to the four corners of the world for spreading his golden ideals during his life-time itself. This is a miracle of miracles.

That he should live for another 75 years at least and fill all the 3000 millions of hearts in the world with Sivanandaism and then become the next Indra in the



other world—overcoming the dangerous enmity in that plane also as predicted by the French Astrologer Edourd Conneau

Symours—and continue to bless his disciples sitting in that exalted throne, is the fervent wish of his devotees of Tamil Nad.

## Self-Realization

(Sri R. Ramanathan, B.A., Delhi)

I would like to recall the memorable day of 5th August, 1957, when for the first time I visited Ashram. I had heard about Sivananda and also had had occasions to read his valuable works. But with all these I could feel only respects and regards for him born out of reverence, for his intellectual gymnastic mastery over the philosophical dogmas and the lucid simple and yet striking way of expression. I had also admired how a Sanyasi, who is primafacie a "Jnana Yogi" transforms himself to be a 'Karma Yogi' without losing his tranquility and yet administering a splendid ashram and with arrangements for both free boarding and lodging, maintaining a Press and an Art Photo Studio with the staff to release the 'Divine Life', 'Health and Long Life', 'Yoga Vedanta Weekly', 'Wisdom Light' and other numerous booklets, and magazines, running a free Nursing Home and also manufacturing the rare Ayurvedic medicines. It looks as though to make the world known that here is the Doctor to cure your physical, mental and psychological diseases and there is no disease which would be left uncured, once he surrenders himself at the Holy feet. It is He who has correctly understood that for attaining a higher plane, primarily a good constitution is necessary. He also advocates the practice of Yoga Exercises, and condemns the physical mortification by adopting the age-old beliefs of undergoing penance, going on fast indefinitely, standing on one leg.

I was looking at his face for the first time but the radiance from His face made me to feel as if I know Him from ages. He looked at me and smiled as if He knew me before. After about four days' stay I began to feel as if my ambition in life was fulfilled, my thirst quenched and my aim in life regulated.

In Swamiji's own words "God is beyond mind and senses, beyond intellectual perception and expression. God is the inner ruler, the remote of voice of one's conscience. Truth is God. So, his religious doctrine is that to find God one must look within still the mind through self-restraint, concentration and meditation, and dissolve it in the consciousness of the Divine. The heart must be purified through selfless service and ethical discipline. The senses must be brought under control. God is one. "God is the fruit of any religion, truly practised," says Swamiji, "The colour of the cow may be different; but milk is white. Do not run from sect to sect; do not jump from creed to creed; you will derive no peace. Peace does not come by fretting and fuming. Out of calmness and strength ensues peace. Acquire calmness and strength by loving your religion, by practising the precepts." This is one of the distinct distinguishable differences which elates Swamiji to the skies. His campus of ideas and ideology encovers all religions and the essence of all religions is analysed, assimilated and preached.

## *A Week with Sivananda*

(Sri Sarla Billa, M.A.L.L.B.)

In Dussehara holidays my brother left for Sivanandanagar to have Darshan of Gurudev there. He came back after staying there for one day only. The picture that my brother painted about Gurudev and Sivanandashram was impressive. My mind was constantly prompting me to go there and see the Divinity myself. I started looking forward to some holidays, but a spiritual urge goaded me to go at once, have Darshan of Gurudev, and stay in the Ashram for a few days. As this became a thought for me for all the time, I reached Sivanandanagar. To my great joy, I came across people who are looking after the Ashram and found them to be real Mahatmas who are much above the worldly people. I was given a room in one of the buildings called: "Mount Kailas"—and, in fact, the name is literally true. I gazed and gazed from the Mount—the mountains, the trees, the Ganges, the Viswanath temple, the Ashram—all combined to give a real bliss of life. The Ashram is situated on the banks of Mother Ganges. The view on the other side is no less enchanting—the beautiful buildings of Swarashram, Gita Bhawan and Paramarth Niketan. The Ashram has its own serenity, peace and divine atmosphere. Here all the kinds of higher self are connected with the chain of the Oneness of Self. I had the opportunity of meeting Gurudev, attending his discourses and Satsang, and meeting people all round me. It gave me thought of higher self and higher life. I was amazed to find the atmosphere divine, the thoughts high, the food wholesome, the water nectarine, the surroundings full of joy, tranquillity and life.

Gurudev is a picture of love, sweetness and generosity. I spent there only one week, but it seemed to be my parental home. There is no end to Gurudev's generosity and liberality. On my very first meeting, Gurudev's first question was: "Have you had your food?" He gave me many books and promised to send me more.

I read, prayed, meditated, attended Satsang, heard discourses of Gurudev and partook in Naam Yoga. All these made me detached from the physical world and attached with my real inner self. I found the real freedom of life. It was not a freedom for the senses but freedom from the senses. During my stay, the Divine Love was at height, and I had frequent dips in it.

Now I have read a few books written by Gurudev I have read the thoughts and views of devotees about Gurudev, but I feel He is much above—some mysterious Force defying comprehension by the people. He is a real Guru, who is the Light in the darkness and only with the help of that Light one can attain Him.

The Mother Ganges was reminding me of many stories of saints and sages. She was happy to have the Ashram of Gurudev. I used to sit on the bank and listen calmly to Her talk. The stories of Great Men were ennobling and were bringing to my mind once again the great ideas of the past Rishis. The Mother was insistently advising me to live like Her—to serve humanity by rising above my petty self, and wash the sins of the material world. She was whispering to me that she has flown



through mountains, forests and death valleys only to do good to others. What a great lesson to serve humanity. It is a joy to think of the Ashram, but to visit the Ashram and enjoy some moments there is the very Heaven.

## Guide to God-Realization

(Sri Swami Sivananda)

1. God fills the world.
2. God is the first and last.
3. Brahman or the Absolute is Alpha and Omega, the beginning and end, the first and the last.
4. Truth is the seat of God. Truth is God. Truth alone triumphs.
5. Guru is God in human form.
6. What Hindu adores is the one God in the many Gods.
7. Non-violence is the highest virtue. It is the way to realise God.
8. As many minds, so many ways to God.
9. A man above all, is his will. As is his will in this life so does he become when he departs from it.
10. The foundation in spiritual life is absolute faith in God.
11. Discrimination and dispassion are the two wings with which you can soar to the abode of eternal bliss.
12. Raga is inordinate attachment to any object.
13. If the aspirant goes beyond likes and dislikes he has crossed this ocean of Samsara.
14. There are two seeds for the tree of the mind—the Vibration of the Prana, and the Vasana. If one of them is destroyed both of them are naturally destroyed.
15. When the Vasanas are removed the mind becomes no mind, for due to want of Vasanas, the mind completely stops thinking and comes to a cessation like a lamp without oil.
16. Besmear in your eyes the ointment of wisdom. You will be rooted in the bliss of the Supreme.

### CONSTRUCTION OF 'KUTIR' AT SIVANANDANAGAR

From the nucleus of a few small buildings, wherein the Divine Life Society was established by His Holiness Sri Swami Sivananda 25 years ago, Sivanandanagar has now grown into a world-famous, dynamic centre of spiritual activities with numerous departments and residential quarters where seekers of Truth engage themselves in *sadhana* and service under the guidance of Sri Swamiji. Many devotees, who spend their holidays at Sivanandanagar and some of whom have chosen to stay here permanently, have built residential quarters in their names or in memory of their relations. A single, medium-size room costs Rs. 2,500 to construct, which is done under the supervision of the Ashram's management. Those who wish to build rooms in their names may please ask for the particulars from the Secretary, Divine Life Society, P.O. Sivanandanagar, via Rishikesh, U.P.

# *The Highest Expression of the Divine Spirit*

*(Sri Barbara Mayer, Mindelheim, Germany)*

India has given birth to gentleness personified—to that gentleness which manifests itself as the greatest spiritual power on earth, in the person of Sri Swami Sivananda. His powerful chanting of Om vibrates round the whole world. And this is heard by alert ears, or rather in all countries in the hearts of people and by the followers of different religions. Those who search for God behold even greater miracles.

Sivananda, India's great son, is giving the world a new countenance because he lives a life of love, serves selflessly, and possesses a treasure of power and wisdom. Swami Sivananda Saraswati—all these names express the most beautiful, valuable, worthy and sublime. His Mission is great and splendid.

One cannot help asking: "Why on earth have the learned and the spiritually inclined brains amongst us never tried to point out those basic tenets of different religions that are the same everywhere or related to and in harmony with each other, and to reconcile the separate views of God and of how to reach Him?" Swami Sivananda by virtue of his inexhaustible knowledge and supernatural experience of God, is able to solve this most burning of all questions. He is the world-teacher who can show humanity the way to the unity of all religions and, through this, to world peace. The hearts of the people have to expand; the understanding has to grow and to step across the narrow boundaries of prejudices, in order to grasp the unity that underlies multiplicity. A spirit of a

volume the extent of which we with our ordinary wits cannot grasp, conducts and effects this commutation of the world's mind—the spirit of Swami Sivananda.

Adoration and glory to this highest expression of the Divine Spirit in human form! In a world where everything is relative and which consists of vain and transitory appearances, He is the only reality. He is the light, the Path, the Goal, the good shepherd, the water of life, the bread of life and the life of the world. His tolerance is perfect, his gentleness is full of power. Swami Sivananda is He who had once promised to come back to us. His teaching, his words are preached by good Christian preachers also. His instructions, based on Vedanta, the ancient principles and precepts interwoven with new ideas are easily grasped by many in all quarters of the world and propagated by great contemporary thinkers in writings, lectures and practical instruction. Swami Sivananda in his book: "Unity of Religions" explains how all the religions are issued from one source and how all of them are going to meet again at that very source. And this shows us still another facet of his personality.

"I have still other sheep; these I shall bring home so that there will be one herd and one shepherd" promised the Lord Jesus, and Swami Sivananda has fulfilled this promise. He sees the unity behind multiplicity; he divides the chaff from the grain when he says: "The basis of all religions is the same in essence; differences exist only in the non-essential as in tradi-



tional customs". These ideas make Swami Sivananda a harbinger of peace who points out means and ways by which the world so torn by fear and hatred, may reach that true peace which is also the foundation of a further spiritual development of humanity. What is true for the individual aspirant holds true also for the mankind at this critical juncture.

With Swami Sivananda, Light has come into the world. Swami Sivananda as

the Messenger of the ancient precepts animated by new, living thoughts, has come for the deliverance of mankind with greater power. He is the purest crystal through which God sends His powerful rays of love, mercy, wisdom and strength. He has come to save mankind from falling into the abyss of darkness and despair. All those who endeavour to reach God and Truth, consecrate to him their adoration and love. He is worthy of utmost veneration.

## How I Found My Guru

(Srimati Sivananda Umananda, Sri Elisabeth Rieter, Switzerland)

If anyone would have told me before that some time I would spend several months in India, I would have laughed at such an absurdity, because I would have never thought this possible. But the Lord's ways are mysterious.

One morning I found myself suddenly and unexpectedly enthralled by bewildering supernatural events and did not know what was happening to me. All my attempts to shake this off failed and I was only more and more in the grip of these unimaginable spiritual manifestations. So I did not resist any longer but offered my gratitude to the Lord for His Grace.

Since then my life suddenly had changed completely. My whole mind was filled with the desire to immediately find a Guru. This wish was granted and thereby the words of my revered Master, Swami Sivananda have been verified, that everybody will find his Guru the very moment his time has come and when he is having true devotion and faith.

Our lonely house became lively after that. Many people came to us who had spent several months at the Sivanandashram in India and others who had a burning desire to hear about Yoga, India and the

great Saint, Swami Sivananda. Colour-slides were shown and from the tape-recorder we heard the chantings, in the Master's own voice and Indian songs. Soon we ourselves started to sing, repeating the songs and to meditate, and the whole house was pervaded by powerful spiritual vibrations.

And one day the unimaginable became true for me. I was able to go to India for three months and nearly every day sit at the Lotus Feet of my Beloved and Revered Guru, Swami Sivananda and learn, learn, learn. I was blessed by a wonderful divine power. I was able to master all difficulties.

Beloved Master, accept anew my warmest thanks and my deep love. In my heart I am with you constantly and so often partake in your most beautiful Satsang-evenings and then hear your divine laughter. I pray that you may lead us on through all difficulties of life closer and ever closer to the Light, so that we may become your worthy disciples.

May you, O Ambassador of the Lord, brighten the face of the earth for a long time to come by your selfless love and your radiant Truth.

## *The Himalayan Sage*

(Dr. R.L. Soni, Founder Director-in-Chief, World Institute of Buddhist Culture,  
Mandalay, Burma)

For long I had longed to meet Sri Swami Sivanandaji. The more I read or heard of him, the more my longings waxed to have his darshan. Correspondence with him whetted my desire, and his bountiful blessings reinforced my cravings to wend my feet to his abode in the Himalayas.

At last the wished-for opportunity came. During my brief and hectic tour of India, I managed to slip out to his place on the forenoon of the 31st January last. The settings of the place are indeed superb. While the sacred Ganges, fresh from its snowy origins, flowed its majestic course, the mighty mountains stood as solid sentinels of India's security and as eternal living witnesses of her cultural wealth and spiritual achievements throughout the ages. I, however, had hardly any time to reflect on the deeper mysteries of the celestial Himalayas: for, shortly I found myself amidst a group of devotees from various parts of the globe doing homage to the Himalayan Sage. He is, certainly, a living embodiment of the sublime cultural and spiritual values dear to India since time immemorial. Radiant with goodwill, tolerant in views, and smiling in disposition, his very presence is an inspiration.

It was not long before I approached him and announced my presence. The moment I did so, I found the Sage knowing me through and through. It was indeed a glorious meeting. Though brief, it had a spiritual significance. As a matter of fact, it was a meeting, more on the spiritual than on the physical plane. We met not as strangers but as knowing each other for

lives past. As such, there was nothing much to talk, or anything to do, but to be immensely inspired by his presence in one's dedication to Truth, Love, and Service. With this, further reinforced by his gracious blessings for success in my world-wide Buddhist activities for the well-being of humanity, I returned home, some 3000 miles across, ardently wishing a long life of health and happy successes to the Sage, who though 74, is still with the aura of youth about him.

On return, I wrote to the Sage: "My recent reading of my beloved country, India, is that with all the tall talk of lofty idealism, there is considerable and appreciable degeneration in the cultural and ethico-spiritual spheres. The worst is that this degeneration is progressive and on the march, and is effecting almost all levels of life. . . . I do not, of course, deny the religious glamour in evidence in India today, but I discern in it a substantial integral of artifice. An out-ward make-up of piety and showy ceremonialism, will not be a substitute for inward awakening. That awakening is what is really wanted in India today. . . . I am, however, happy that the challenge is being effectively met by the spiritual radiance emanating from your personality and by the precious ink flowing from your celestial pen.

"Certainly, much needs be done, if India has to be saved from being lost in the materialistic whirlpool. For this, all shades of spiritual viewpoints must meet and work together. Even though it might not be possible, nor desirable, to synthesise all reli-



gions into one, it shall always be a practical proposition to work together on the basis of a common denominator on the ethical level....."

To the above, came the prompt reply

in approval.

I feel Sri Swamiji has to play a still greater role in the world of man. I ardently wish that he lives long and in excellent health.

## *Spiritual Vimana*

(Sri N. Srinivasarao, Berhampur)

Sivananda a realised Yogi of  
Par Excellence has a Vimana  
Which travels in etherial regions  
At his will with thought-speed.  
The patrician or the plebian  
The Hindu, Christian or Muslim  
Nay of any caste, creed or race  
Is eligible to travel in it.  
He should surrender to God or  
Guru—for God and Guru are one—  
Discriminate between the real and unreal  
The transitory and the permanent.  
The Vimana of Swamiji has  
Unlimited space, moves from earth  
Stops at any celestial place  
And launches at the Feet of God.  
Sputniks and ballast missiles  
Circle round the planets  
But unable to travel to Heaven  
Where Almighty resides in full splendour.

The Vimana charioteered by Swamiji  
Is beautifully decked of wide dimensions  
And can encompass the whole of humanity,  
The saint and the sinner finds there a seat.  
The traveller should possess a  
Strong will to reach the Goal  
Of Permanent bliss or Ananda  
From which there is no return.  
When you enter the chariot  
Swamiji greets you with smiles  
Embraces you with affection  
The worst sinner transmuted to a saint.  
You land in everlasting bliss  
No craving for bread and butter  
No hankering after pelp and power  
There is perennial illumination.  
Read Sivananda's valuable books  
Follow his spiritual instructions  
Repeat the Name of God constantly  
And enjoy the Nectar, Ocean of Ananda.

# Message to Women and Children

(Dewan Bahadur Sri K.S. Ramaswami Sastri, Madras)

I wish to emphasise here the precious truths expressed by His Holiness in two books published long ago and re-published recently. If our women and children learn to combine and harmonise Indianness and modernness and interfuse Religion and Reason, they will help to establish universal spirituality and universal peace.

Swamiji says: "Woman is the mighty work of God, wonder of nature, the marvel of marvels, the abridgement and epitome of the world, a model of the world, a microcosm, the queen of the house, the real governor, the representative of Prakriti or Maya, the Lakshmi who adorns the house, the sweet companion and helpmate of man" (Sthree Dharma, page 3). Manu says:

स्त्रियः श्रियश्चमेदु

नविशे घोस्ति कश्चम ॥

In every house there is no difference between housewife and Lakshmi.

It is the mother that is the first Guru of the child. But she must be an incarnation of Indian culture if she is to make her child an incarnation of Indian Culture.

Swamiji says: "Woman is in no way inferior to man in any respect (Sthree Dharma, Page 161). But this quality should go with love and respect for her husband. It must go along with modesty and chastity. She must be educated and must yet discharge the household duties with alacrity and efficiency."

Swamiji says: "I do not condemn women. I do not oppose giving them education and freedom. I have the highest veneration for women. I adore them as Devis. But I

am not in favour of such freedom for women as will ruin them. I am in favour of such education and freedom as will make them immortal and glorious" (page xiii, Sthree Dharma). He gives examples of Choodala, Sulabha, Anasuya, Savitri, Gargi, Maitreyi, Sita, Draupadi.

Swamiji stresses with equal emphasis what he calls as the divine life for children. The very first lesson which he gives them is love of God. He says: "Do Kirtan daily morning and night. Pray daily. Offer flowers to Him. Prostrate before Him. Place light before Him. Do Arati". (Divine Life for Children, page 1 and 2.)

"There is only one God. But names and aspects are endless. Call Him by any name and worship Him in any aspect that pleases you. You are sure to see Him and get His Grace and blessings."

(D.L. for Children, page 61).

Swamiji then teaches children also about the importance of health and Brahmacharya. He says: "The best six doctors are: sunshine, water, air, diet, exercise and rest". (page 36).

He then asks the children to lead the moral life. He says: "Obey your parents. Speak the truth always. Be punctual. Never tell a lie. Always be neat and tidy. Be good and do good. Be a hero. Help the poor and the needy. Do your daily duty well. Learn your lessons well. Respect elders and your teacher. Love your country. Serve society. If you do your duty well, the battle of life will be won. Be ever active. Selfless service, sacrifice, love must be your motto.



Lead an exemplary life. Never injure the feelings of others. Never speak harsh words. Give up talkativeness. Do some good service everyday". (Pages 43, 44).

Swamiji gives children many spiritual

lessons also. "Get up at 4 a.m. Remember the Lord always. Fast on Ekadasi days. Do Japa and Kirtan. Have perfect faith in God. Service is worship.

(Divine Life for Children, pages 56 to 68).

## Ancient-Modern Saint

(Sri Madan Bihari, Advocate, "Premashram", Motihari)

Sometime back, on a Vijaya Dashmi Day, I had the privilege of touching the feet of Swamiji. On that occasion, I used an instantly coined word about Swamiji an "ancient-modern" Saint. They thought the delineation was apt. He combines in him the ancient sanity traits with modern conditions—who can deny that in this age of materialism running rampant with the weapons of destruction almost ready to annihilate the whole world with only a few atom bombs, the forces of hatred doing havoc, nations trying to oust one another and one viewing with another in conquering even space, indiscipline mounting high, corruption being the order of the day, social structure having been relaxed almost to the very verge of extinction and mammon playing the God, the sprinkles of the divine wisdom here and there are the only hope for man?

Swamiji is doing the greatest service to the world by propagating the Divine Wisdom. The blessed Lord clearly points to this in the Bhagavad Gita itself. Swamiji's Divine Life Society carries on a multifarious activity. No distinction of caste, creed, sex or colour is recognised in the Society. Swamiji and his Society would embrace as

much a white man as a dark Negro. To search for the wisdom you have not to ransack the caves of mountain or dense unapproachable forest as in ancient times. Here you find an Allopathic Clinic, an Ayurveda Bhawan, Publication Department, a philosophical body, a Yoga-Vedanta Academy—all under the magnificent guidance of Swamiji.

Swamiji's contribution is splendid. After having himself renounced the world and experienced the wisdom, he has taken a vow to help the world, help it at the highest spiritual level! He is a life of service. He can heal the body and the soul both. His gifts are profuse. His humour superb. "Yes, you are now under my clutches" still ring in my ears. These were his words used humorously while initiating an American into Sannyas at the time of slashing his tuft of hair by way of "Mundan." He has a large heart. He loves children as a parent, the householder as a manager and a Sadhak as a Siddha.

May he continue to shed his Himalayan lustre over the dark world to renovate and orient it.

# The Need for a Guru

(Sri Ram Gopal, Delhi)

For receiving every sort of education, we need a teacher, similarly for learning the science of deliverance of atmans, we must seek a real Guru. In Gita (Chapter IV, Sloka 34), the Lord admonishes Arjuna: "Know that by long prostration, by question and service; the wise who have realised the Truth will instruct thee in (that) knowledge". The need for a realised Teacher (Guru) is essential and immediate, if a Jiva-atman in human form wants its salvation or Moksha or freedom from the cycle of birth and death.

Just as the sun cannot be hid by clouds, in the same way realised sages cannot be hid by the criticism of ignorant people. The realised sages are brightest spots on this earth, who are constantly emitting out rays, which are most powerful in burning the sins of human beings committed by sheer ignorance in earlier births as well as this birth. Every atom of dirt which comes in contact with soap is precipitated and washed away. In the same way, the 'Mal' (impurities of mind) deposited on the Jiva-atmans in the course of its cycles of births and deaths, are burnt to ashes as soon as the divine rays of a realised Guru penetrate the sadhak. A realised Guru is the greatest washerman of the Jiva-atmans in this world. Lucky are those who come in contact with the realised sages—sages who are well-versed in the knowledge of the Self—sages whose qualities cannot be described in words.

From Bharatvarsh, where the purpose of life was demonstrated by Lord Himself by taking human births (Avatars) the flame of spirituality would always continue to be emitted to all the four corners of this

Universe. The waves of spirituality are always vibrating in every particle of this Universe. It is another matter that we do not feel them due to egoistic tendencies. These can be received only by immortal atmans of living beings, if they tune their hearts towards them. Among the modern and most powerful stations of transmitting the cosmic waves of Love and spirituality, the one situated on the banks of river Ganges, at Sivanandashram may be adopted as the safest centre for burning the sins committed by "Jiva-atmans" in the course of their passage through endless births and deaths. Blessed births are those who tune to the "Voice of Himalayas" or the "Waves of Ganges" transmitted by the highest realised sage known to the world as SWAMI SIVANANDA. Any who comes in contact with the powerful spiritual waves of Swami Sivananda is divinitised by a force, which cannot be described in words.

I was in a confused and miserable state. The ups and downs of life, e.g., shocked me unduly. It was at this juncture that I received the following divinitising message from Sri Gurudev: "Faith in God should be continued under all conditions of life. God will give you strength to bear all trials of life. Continue your Sadhana. This will bring you nearer to God. I have accepted you as my disciple. Have a daily routine and stick to it."

Here was a new path for me to follow in this world under the guidance of Sri Gurudev. I was blessed in all respects by coming in contact with this realised sage. I have been brought in holy order of the Divine Life Society on receipt of my Guru



Mantra from Sri Swami Sivanandaji. Although I have only once visited the Ashram for a few hours, yet I find that Guru Deva is always with me. He has completely changed me by his books and Sadhana prescribed by him. He looks after all my family affairs, even the marriage of my two daughters.

I receive material and spiritual prosperity.

I realise that peace and prosperity can be had by leading a householder's life through the Grace and blessings of Guru Maharaj. May his spiritual rays divinize not only human beings but all living beings of this Universe.

## Moral Lessons

(Sri Swami Sivananda)

1. Without a strong conviction in moral values there can surely be no spiritual life or even a good life.

2. Moral purity and spiritual aspiration are the first steps in the seeker's path.

3. Right thinking is the beginning of right living.

4. Calm deliberation, sustained thinking, right judgment, moral courage, integrity, compassion, resolution and courage are the basic needs for the spiritual aspirant.

5. Humility and kind speech are rare jewels.

6. Rigid self-control will lead to God-realisation.

7. Life is One.

8. Without a strong will and common sense, you cannot make any progress whatsoever in the spiritual path.

9. Be tolerant and forgiving. The spiritual aspirant or really good man can have no enemy.

10. Patience, tolerance, magnanimity, charity, detachment, spirit of abnegation, helpfulness, eagerness to serve,—all these you must possess before you can rightly call yourself a spiritual aspirant.

11. You must have an ideal to live for, to progress forward. Otherwise you will be heedless, depressed and negative.

12. True humility must be cultivated by all aspirants.

13. When you look at a man, ignore the form and see only God within.

14. Not yielding to temptation is moral courage.

15. Pride is Self-consciousness.

16. Mastery over the mind and the attainment of concentration is a gradual process.

17. Meditation is applying the controlled and purified mind to the contemplation of the Supreme Reality within.

18. Man is as much a necessity to God as God is to man.

19. He who knows himself or Atman, is himself God.

## Our Ideal Sage

(Miss Nadarajah Puvanasvari, Singapore)

One who sees our Beloved Lord Swami Sivananda will truly find supreme bliss. The very thought of Lord Sivananda is most melodious and sweet. In his sacred name all heart-joys come into contact with. But sweeter than honey will it be to have a glimpse of his adored Self. No word sung or said is more nectar-like than this, no name have we heard that fills us with immense joy, than Swami Sivananda, the living God.

Swami Sivananda is the hope of troubled souls. His teachings are most remarkable and soothing. His doctrine is not only read and admired by us Hindus, but also by all the religions of this vast world. Lord Sivananda is so popular and loved that many of his devotees have specially travelled from such places as Europe, America and England to see and pay homage

to our adored and humble Saviour.

His excellent instructions and teachings never contradict the teachings of other religions. In fact they praise them. This would show us that Lord Sivananda is most enlightened and appreciated by the followers of all religions.

To say His Blessed Name and follow his teachings will be as though one has escaped from pitched darkness into powerful and radiant light. His teachings are so very efficacious that they will conquer the evil thoughts and deeds of mankind. His teachings guide and comfort us.

We are most gifted to be able to read his countless number of books. They are not just ordinary books but divine treasures.

May His Holy works be cherished and may He bless all his children.

## Sivananda—A God and A Man

(Sri Walt Baptiste, The Yoga Philosophic Centre, San Francisco)

Even very close disciples can miss the tremendous importance to their lives, which a person like Swami Sivananda is, even those close to him. The highest importance in any life is to know God and the nature of God in manifest form. To be in the presence of Sivananda is to be in the presence of God, for to really and truly know God is to become in oneself a replica of this very nature.

In this personage is the very aim and purpose and fulfilment of Life itself. We can be in such a one's company and derive vast benefit, but we do not often enough realize that to become what he is in ourselves, in the great goal and freedom he offers. How tremendous it is that he is not any

longer a seeker, but instead the realized and experienced Seer. He has seen, experienced and mastered what he has learned. He is no longer seeking and working for anything, because He is Master. Many people are always wanting to be like Him. Too few are wise and grown up enough to be worthy and equal of what he is like.

The Master is free in this world and in all the worlds, visible and invisible, he is of aid to all beings on all levels of creation. His consciousness is free from the past and the future.

Sivananda is the great promise for all who aspire to be like him. He is the great treasure this world can offer.



## Five Years With Gurudev

(Sri Albrecht Lewald, Pretoria, S. Africa)

Many things are said about Gurudev by people who have been to India and in close physical contact with Sri Swami Sivanandaji.

I feel that Gurudev is my own Self (as He says in each letter to me). I am entirely His. His illumined features have at an early stage impregnated themselves on my very being so much, that my total surrender has not been a problem at all. Even while walking through the crowded streets this vision arises before me at every moment. Swamiji holds within His name a blissful state of consciousness.

Since the day I got a copy of the "Divine Life", I have never doubted, that Swamiji's arrival in my life was divine Providence. My Master, who initiated me in 1956, did not promise too much when He wrote: "I shall serve you nicely".

Letters, books, pamphlets, journals, photos, Tape recordings, Mala, Kirtans, Asanas, Group Meetings and Satsang—I got to know them all. What a huge avenue for dissemination of knowledge. It has taken me some time to get used to this vast organisation as from many experiences in Germany, I have conceived a holy terror towards any kind of organisation. But I could see that this one is based on love and goodwill and means to serve people of all nations. In these five years Swamiji managed to revolutionise my whole life. I am still changing continually and have to start every morning anew to find my bearings. I cannot live without my daily Sadhana. I happily hum Kirtans all the time while walking and doing other things. I concen-

trate joyfully on Om. Swamiji has always insisted on Self-enquiry. I know today that this was the turning point of my spiritual life. Gurudev's Yoga of Synthesis is actually leading me to Self-enquiry. I never thought that one ordinary individual's life of new purpose would be able to change the life of others as well. To watch my thoughts in a state of detached awareness has become a beloved game with me, whether I work or relax. Well, Beloved Master! After five years I can only say "Life has been worth living for me in spite of many galling disillusionings." What a pity I did not start my Sadhana 40 years ago!

I have found the Fountain of Happiness and Peace by dying the ego, to the moment. I am still labouring heavily, Swamiji, but with Thee as my Own Self, I shall manage. Thou hast made me see the universal oneness of all!

Practising Yoga is to me the real art of living which the West has lost. What a towering Sage Thou art, Swamiji! I have never seen Thee in the body, but Thou hast given me what nobody else in my close vicinity could do! I have witnessed a miracle without doubt.

I hover over these words of Swamiji and turn them over and over in my mind. Will it be granted to me to enter the Egoless state in this birth? Only Master knows. Falling at Thy Feet, O Jagad Guru, I ask Thee humbly to give me strength to carry on and to bear the torch of Thy enlightened wisdom wherever I go. Sivananda, My Lord, help me to keep my firm renunciation. I know that with Thy assistance, I shall be able to get along.

## How to Cross this Samsara

(Sri Naresh Kumari, B.A., Janauri, Punjab )

I felt an impulse to write my glowing tribute to the August Sage, Swami Sivananda. It is my irresistible, long-cherished inner urge. As Swamiji says that a flower while in bud if offered to The Lord, pleases Him more than offering of a full-blossomed flower. Same is the case here with my pent up feelings which suffer expression. I shall try to express Swamiji's tremendous influence on the aspirants. This he does through various ways: such as transmitting his super-natural powers, by sending his disciples on lecture tours and dissemination of knowledge through his books, Magazines, Recorded Tapes, Movie Films, and personal letters.

The very method of his letters is very heart gripping. He devotes the very opening para of his letter in offering salutations, the ending one in blessings and in between these two, he gives the reply of the letter in a few sentences of measured words. It is often a sort of mandate containing certain do's and don'ts. He does not bother himself in unnecessary explanations of why and how of it.

A local gentleman, being in financial worries wrote to Sri Swamiji for seeking his valuable advice. Duly he got the reply as it was expected, but in spite of its being in quite a simple English, he failed to understand whether Swamiji had answered his letter at all, as there was no suggestion of starting some business or finding an employment. However, anxious as he was, the next day he again read the letter and got the solution of his taxing problem. The significant and inspiring sentence was: "Pray fervently and the Lord will guide you". Now a new problem arises out of it

as to how to pray and how to know the Lord's guidance. Here the Divine Life came to his help. Miraculously enough a slow, silent but sure change wrought in his life. He was stunned to see the change in him. With the result, the worldliness was completely removed and Godliness was generated. With this solution of his problem, the evolution of his soul started. Thus a new chapter was opened in his life. It was possible only through Sri Swamiji's spiritual guidance.

There is a story that the notorious robber Ratnakar by the grace of Almighty came across Narada who changed him into a Rishi Valmiki, who is said to have given the world its first poetry. Narada had charged only one man throughout his life, but as regards our Swamiji, God only knows how many Ratnakars have been transformed into Valmikis. It was all through Sri Swamiji's magnetic personality and magic hand of his pen.

One more special quality of his letters is that he never discourages anyone writing him his domestic as well as other problems of his life. He ever shows the right path which leads them to the Divinity and the ultimate Reality. Moreover, those who have personal contacts with the sage can well avail this opportunity. One should not feel shy in writing to him for where can he find in the world a guide in whom he can repose his full confidence?

Swami Sivananda's message of Triple Yoga is also worth mentioning. He advises everybody to practise it in daily life. For example, if a diseased person writes to him seeking his advice, he is most likely to get



prescription of some medicine to be taken, an instruction as precaution to be observed and then he is advised to think of Anamaya Atma (Vedanta) to practise certain Asanas (Yoga) and to do Japa of Mahamrityunjaya Mantra, (Bhakti), and with that he receives Swamiji's blessings. While doing so, he not only makes strong his elemental structure, but he develops his spiritual subtle body also. And thus, with his persevering efforts, he will succeed to reach the Supreme Delight. It is possible only through the steady practice of Sri Swamiji's Triple Yoga.

Not only this, Gurudev's approach to life is quite rational. He very efficiently handles spiritual as well as scientific problems in both ways, spiritually and scientifically. Whatever may be the subject, his theme is ever the same—God or Divinity.

He has written about 300 books touching almost every subject but emphasising the same theme.

Thus it is quite apparent that it is only through Sri Swamiji's excellent trait, the world of Religion has been restored. It has been assaulted by the giants of scientific and materialistic forces. He has succeeded in enthroning God once again in those places from where He has been banished for ever by the lure of Maya.

By doing this, he has achieved far more success than his predecessor Sankara who some 2000 years earlier did by removing the Vedic cult from the Buddhist onslaught.

May our Swamiji live ever among us to lead our weak and faltering steps on the divine path and thus help us to cross this mire of Samsara.

## *The Conscious Man*

*(Sri April Selikman, Johannesburg, South Africa)*

God never made a wrinkle nor a cripple  
He only made completeness so to ripple  
Through the body of the 'conscious' MAN,  
Conscious—that if ONE with God, he can  
For ever young, and beautiful, and Rich and Gay  
Enjoy this life: There is no other way  
But if like you tolerant of all men we'd BE!

You stand alone, and watch, and smile and Love!  
You are indeed, blessed Swamiji, above  
All men, for you have found Almighty God  
Within yourself! You wield His Staff and Rod—  
You rise to greater heights! Your spirit soars  
Above the strife and fears, It just adores  
And helps and loves all men! I bow my head!  
Be with us many years—your light here shed  
For God doth glory in His Precious Son,  
Yourself Sivananda—my God Divine.

# Swami Sivananda and Vedanta

(Sri M.S. Subramanian, Kuala Lipis, Mala ya)

Lord Siva has incarnated in this world in the form of His Holiness Swami Sivanandaji Maharaj. The fact that He is a Super Divine Being is confirmed from His daily life.

It is always the habit of our revered Swamiji to address everyone with extreme love and affection. Even small children were addressed by Him with great respect as if they are all advanced Mahatmas. Our Swamiji does not feel anyone as inferior to Him. Once one of his disciples wanted to call a carpenter who was working nearby. He simply called him: "Carpenter, come". At once our revered Swamiji who happened to be there advised his loving disciple not to call a carpenter in that way but to call him, "Sardarji, please come." Call everyone with great respect. This incident alone clearly proves that our Swamiji is trying constantly to elevate us to His noble ways. Let us all receive His teachings not only through his writings but also through his personal example.

The number of books written by our Swamiji are innumerable. Our life span is not at all sufficient to read and assimilate all of them not to speak of understanding and strictly following them. We must make an earnest endeavour right now to seek Yoga. We must remember Swamiji's advice "DO IT NOW—D.I.N." Swami Sivanandaji's "Advice to Women" is a book that should be read and followed by all the men and women of the world without distinction of race. Our Swamiji's books are so very practical that is so vital to everyone of us and every word of His is worth tons of gold. Swamiji's teachings are given in

a nutshell—in a tablet form for us just to swallow with a glass of water so to say. The benefits should be realised by every one.

Once a Sadhak approached our revered Swamiji and said: "Revered Swamiji, I have a great desire to study Vedanta, but alas! I have no time to do so. Even if I find time to study Vedanta, I find it is something like a great ocean and the terms are all Greek to me. Will you please teach me concisely how to attain Immortality". Our learned Swamiji who is ever ready to help one and all said with a radiant smile, "DETACH, ATTACH". "That is all. Detach yourself from worldly things. Attach yourself on God alone. This is the essence of Vedanta". How great is our Swamiji's wisdom to express the whole of Vedanta in a nutshell and that too in two words only just ready in a tablet form to swallow even without a glass of water.

We pray that millions and millions of men and women in all parts of the world may be benefited by His inspiring teachings. The number of people cured of diseases by Swamiji's blessings—diseases that are pronounced incurable by doctors are great. So also the number of men and women in all parts of the world who were able to attain material as well as spiritual progress by Swamiji's Grace are innumerable. By the Grace of our Swamiji let us all have the indomitable will and courage to attain God-realisation right now. Let us have implicit faith in our Master, Swami Sivanandaji, the beacon of light, the Light of Asia, nay the Light of the world.



## *Sivananda and His Disciples*

*(Sri B.P. Bhava, Nairobi, E. Africa)*

Sri Swami Sivananda possesses tremendous spiritual powers. He has an eye of intuition. He possesses all the attributes of a Poorna Yogi and a devout Bhakta. He is a Jivanmukta and a Jivanmukta alone can give full justice to describe Him in full colours.

At the age of seventy-five, Gurudev works for many long hours without taking rest even for a day in a year. It is really strenuous to do such a job. However a person may be physically strong, he will find it extremely difficult to do his work without taking rest. Moreover an average human being has not got spiritual powers to reply all solutions of intricate problems on spiritual subjects. To Sri Swami Sivananda, work is worship.

Sri Gurudev has spiritualised thousands of aspirants all over the world who have come into his contact as follows:-

(i) Some happened to obtain Sri Gurudev's literature either a pamphlet, magazine or book. After reading and following Sri Gurudev's advice, they began to lead a happy spiritual life.

(ii) Other aspirants came into contact with Sri Gurudev by correspondence. Their problems were solved in a genuine and smooth way by Sri Gurudev. They were spell-bound as if it were and never liked to discontinue their contact with Sri

Gurudev. Such is the influence of Sri Gurudev.

(iii) Some aspirants longed to have Darshan of Sri Gurudev at Ananda Kutir, and by his grace were fortunate enough to have his Darshan. Sri Gurudev is a living Vishva Vibhuti of spiritualism. By his mere Darshan the aspirants know or get more than they think of. To hear him speaking and to get his Grace is the highest gift one can obtain in one's life.

(iv) The most luckiest of all, are the disciples who stay permanently with Sri Gurudev, work for him and carry out Ashram activities and thus come into his contact personally for most part of their lives. Some other aspirants also have decided to stay in the Ashram and to learn personally from Sri Gurudev and thus have his personal contact as long a time as possible. Just as Chandan tree transforms the nearby trees by its mere neighbourhood, Sri Gurudev has transformed all these disciples and aspirants to reach nearest to his personality. Sri Gurudev gives Darshan to many deserving disciples all over the globe to encourage them and cause them to advance in their spiritual path.

To-day the world is rife with cold wars amongst nations, races and communities. At this juncture, Sri Gurudev's mission of dissemination of spiritual knowledge is the right panacea.

# *The Ashram Has Given Me the Answer*

(Sri Lalit Kumar Gupta)

Man by his very nature wishes to live for ever, wants to know everything in this world and in the cosmic world as well, desires to enjoy unbounding happiness without the slightest sorrow. He acts and, therefore, wants the corresponding fruits of his actions; feels frustrated when he does not reap the benefit of his actions. What is the way then, to achieve long life, Eternal bliss, highest enlightenment, unbounded freedom with complete suzerainty for our body, soul and mind. These are the pertinent questions that forced me to ask within consciously or subconsciously puzzling sometimes with a big question mark and, to my amazement, Sivanandashram gave me a bigger answer.

"Serve, Love, Give, Purify, Meditate"—are the watchwords of our life in this world. Each one of them forms in an ascending order, a complete yet continuous picture directing towards a fuller meaning of life.

When full communion with God is realised, there springs up a complete renunciation of all worldly gains. One craves for nothing except God and His presence within and outside everything. In the altitudes of the Himalayas, in the pristine glory of Snows and Glaciers, in the ever flowing waters of the Ganges, inside the oceanic depths, into the etherial space, in the moon, sun, stars, He alone is the dweller. He commands Nature; From the highest to the lowest rung of creation His will is supreme.

He pervades all in all. An American Philosopher Dr. Thompson, asked Swami Sivananda: "Have you seen God", and the enlightened reply that His Holiness gave has to be remembered by heart by every one of us to solve the riddle of life. Swamiji said:

"I see nothing but God  
In the food I take,  
In the water I drink,  
In the people I greet,  
In the animals I meet,  
And in you also, Dr. Thompson,  
I see nothing but God;"

Thus His spirit embraces the whole of this Universe. He manifests Himself in many ways. We are tools in His Hands. Let us fulfil His wish through our actions.

What I learnt and realised in Sivanandashram during my twenty four hours stay there could be compared favourably with the wisdom earned in twenty-four years of my life. The profound wisdom from the pages of the Gita and Ramayan was laid here open before my mind's eye. It initiated me into a divine way of life, as it has done to many others in the past and I am sure, is destined to do in future.

Situated in the serene and calm environments, on the right bank of the Holy Ganges, the ennobling spirit of the great sage pervades everywhere. May Lord grant him long long life to shower his blessings for the uplift of the distressed humanity.



## Wisdom of the Wise

(Sri Swami Sivananda)

1. Om is Brahman. Om is all. He who meditates on Brahman attains Brahman.
2. He alone who knows Brahman really lives.
3. Seek to know Brahman by aspiration, renunciation and meditation.
4. He alone knows the Absolute Reality who knows it by direct intuition merging himself in It.
5. Imagination is the bondage of the mind and its absence is liberation.
6. Desire for the objects of pleasure is bondage and giving it up is liberation.
7. Cultivate a distaste for the objects of enjoyment.
8. The whole world is nothing more than the Sankalpa of the mind.
9. It is the mind which makes or mars us.
10. Vairagya (dispassion) intensifies spiritual Sadhana (Abhyasa).
11. Man sees only reflection of his mind.
12. Without a sound ethical foundation no Sadhana will be of much use.
13. Freedom and emancipation depend on right thinking and right living.
14. Behold the Lord always in everything. You will see no evil.
15. To the Good the world is full of good, to the bad the world is full of evil.
16. The world is neither good nor bad. The mind creates good and evil. Thinking makes it so.
17. Mystic experience is beyond Reason or Logic.
18. Love for humanity is love for God. You cannot love God unless you love humanity.
19. Words cannot express the Bliss of Brahman. The mind cannot reach Brahman. The Sage becomes fearless.
20. He who attains the Wisdom of Brahman, wins glory, grows rich, and enjoys health and fame.

### SPIRITUAL AWAKENER NO. 127

#### MARCH ONWARD, MY FRIEND

Blessed Self,

Om Sri Ram Jaya Ram Jaya Ram,  
Salutations and adorations.  
Come then, O Friend,  
Tarry not,  
Falter not,  
March onward, forward,  
You are Light Divine,  
Study 'Sure Ways',  
Meditate on Om,  
Om is Satchidananda,  
Realise Oneness with God.  
May Lord bless you.

1st November, 1961

Thy own Self,  
SIVANANDA

# Morning Invocation to Sivananda

(Sri Swami Jnanananda, Sivanandashram)

भवत्सूक्तितुल्या वहन्ती पुनाना  
भुवं व्योमगङ्गेयमानन्दगेहे  
ध्रुवं स्तौति वीचिप्रणादैर्भवन्तं  
शिवानन्दयोगीन्द्र ते सुप्रभातम्

*Bhavatsooktitulyaa Vahantee Punaanaa  
Bhuwam Vyomagangeyamaanandagehe  
Dhruvam Stauti Veechipranaadairbhavanta m  
Sivanandayogeendra! Te Suprabhaatam*

The celestial Ganges, flowing like Thy glorious utterances, near Ananda Kutir, sanctifies the earth and praises Thee with the sound of her waves. Oh Greatest of Yogins, I wish Thee a glorious morning.

भवदर्शनालामशोकेन तारा  
विवर्णा विदेशमालम्बमानाः  
अवश्यायवाष्पाणि मुञ्चन्ति भूमौ  
शिवानन्दयोगीन्द्र ते सुप्रभातम्

*Bhavaddarshanaalaabhashokena Taaraa  
Vivarnaa Viyaddeshamaalambamaanaah  
Avasyaayabaashpaani Munchanti Bhoomau  
Sivanandayogeendra! Te Suprabhaatam*

Being grief-stricken for want of Thy sight the stars hanging from the vault of the sky have become pale and are shedding on the earth, tears in the form of dew. I wish Thee O Yogeendra a glorious morning.

विवस्वद्दिनश्रीविवहोऽस्ति सन्ध्या-  
भवार्चिशुचौ चोडुलाजालिहोमः  
प्रवृत्तो द्विजव्रातकोलाहलोऽस्मिन्  
शिवानन्दयोगीन्द्र ते सुप्रभातम्

*Vivasvaddinasreevivaahosti Sandhyaa-  
Bhavaarchissuchau Chodulaajaalihomah  
Pravritto Dvijavraatakolaahalosmin  
Sivanandayogeendra! Te Suprabhaatam*

The wedding of the sun and the Beauty of the Day is in progress; oblations of parched grains (viz. stars) are poured into the fire (viz. the lusture of the dawn),



and the sound of groups of Dvijās (Brahmi ns, birds) has started. O Best of Yogins, I wish Thee a glorious morning.

परब्रह्मनिर्लीनचित्तं भवन्तं  
परक्षेमकृत्यप्रवृत्तं सुवृत्तम्  
परार्ध्यप्रभावं भवार्ताश्रयन्ते  
शिवानन्दयोगीन्द्र ते सुप्रभातम्

*Parabrahmanirleenachittam Bhavantam  
Parakshemakrityapravrittam Suvrittam  
Paramardhyaprabhaavam Bhavaartassrayante  
Sivanandayogeendra! Te Suprabhaatam*

Those that are tormented by worldly life seek Thy shelter as Thou art one whose mind is completely merged in the Supreme, who works only for the good of others, whose conduct is ideal and whose spiritual power is immense. I wish Thee, Oh Leader of Yogins, a glorious morning.

अवधाननिधान विशालमते  
विविधातिविनाशनवद्धमते  
अवधीरितलौकिकतर्ष यते  
शिवदेशिक ते चरणं शरणम्

*Avadhaananidhaana Vishaalamate  
Vividhaartivinaashanabaddhamate  
Avadheeritalaukikatarsha Yate  
Sivadesika Te Charanam Sharanam*

O Master Siva, Thou art the treasure-house of attention; Thy mind is vast and is engaged in removing the multiple sufferings of people. Thou hast risen above worldly desires. O Ascetic, Teacher Divine, I seek Thy feet alone for protection.

भवतोयधिमग्नसमस्तजना-  
नवतो भवतो विविधान् सुगुणान्  
स्तुवतोऽविरतं मम नित्यसुखं  
शिव देहि कृपालय पालय माम्

*Bhavatoyadhimagnasamastajanaa-  
Navato Bhavato Vividhaan Sugunaan  
Stuvato-aviratam Mama Nityasukham  
Siva Dehi Kripaalaya Paalaya Maam*

O Siva, vouchsafe eternal happiness to me who am extolling ceaselessly Thy

manifold virtues, as Thou art saving all the people that are plunged in the ocean of Samsara. Oh Abode of Mercy, save me.

जयतु जगदुपास्यो दिव्यकारुण्यमूर्ति-  
 र्जयतु जनगणानां क्षेमकृत्यैकदीप्तः  
 जयतु जननमृत्युच्छेदकारी गुरुर्मह  
 जयतु यतिवरेण्यः श्रीशिवानन्दयोगी

*Jayatu Jagadupaasyo Divyakaarunyamoorti-*  
*Jayatu Janaganaanaam Kshemakrityaikade ekshah*  
*Jayatu Jananamrityucchedakaaree Gururme*  
*Jayatu Yativarenyah Sreesivaanandayogee*

Victory, victory to Yogi Sivananda, my Teacher, who is worshipped by the whole world, whose appearance is both auspicious and divine, whose only endeavour is to bring happiness to the people and who cuts asunder the cycle of births and deaths!

## Christianity In Action

(The Rt. Rev. R.S. Pitt-Kethley, D.Litt., Ealing Common, London)

I have never had the good fortune to meet Swami Sivananda personally. We have only met through the mails. I was attracted to him, and to his pious, godly, and self-effacing philosophies through his writings. To me, although he never claimed it, he wrote and spoke as a Christian Philosopher. I have always admired Christianity. I have tried to live it. I have found the doing difficult. It is not easy for instance, to "Love one's neighbour as one's self." Yet, to be a Christian, one has to do that, and much more... The ten Commandments are much easier to follow than is the Message of the Cross. The Sermon on the Mount expresses for all time Christianity in action.

When men come to know and realise this, then we shall, at long last, have a peaceful world, and one in which there will

be time for True Thinking and True Living. Just now, the Western world is full of Materialism, and all that portends.

True happiness lies in forgetfulness of self. We need men like the good Swami Sivananda to remind us of this. He does not claim to be a Christian. Yet, like the Revered Mahatma Gandhi, he lives his life in oneness with Christian ideals. He follows the Christian Master, all his days. And, his beatific realisation of the merits and teachings of Christianity, is something which makes one feel humble. One feels that the West must need come to the East for a practical manifestation of Christian belief put into practice. Swami Sivananda shows us the way. Long may he live, and may his Message help us all to understand the meaning of True Religion.



## Saviour of This Age

(Sri Jaswant Singh, Jullundur)

यदा यदा हि धर्मस्य श्लानिर्भवति भारत ।  
अभ्युत्थानमधर्मस्य तदाऽऽत्मानं सृजाम्यहम् ॥७॥  
परित्राणाय साधूनां विनाशाय च दुष्कृताम् ।  
धर्मसंस्थापनार्थाय संभवामि युगे युगे ॥८॥

—Bhagawadgita, 7-8.

Whenever His men are bewildered, the Creator comes in various forms, for their protection.

For the sake of righteousness, He descends on to the earth and rests in a human body and for the betterment of His men, He bears tortures from his disobedient sons and daughters. When people forget the cause of their existence here in this world, God sends His representative to reveal in person to the human family the knowledge and character of Heavenly Father. He tolerates insults; undergoes miseries and grievances for the sake of His fallen sons and

daughters, yet He never condemns them. For,

"God sent not His Son into the world to condemn the world; but that the world through Him might be saved" (John 3—17).

In this modern age when the attention of the people is taken more and more towards the materialism, there rests a soul whose voice rises from the Feet of the Himalayas the echo of which sets each and every ear into vibrations which produce the melody of the Divine Song.

The message of this sage of Rishikesh is spreading the fragrance of God's Name throughout the world.

He is surely framing the constituents (serve, love, meditate, realise) into a Divine Rocket which will take us not only to the heavenly bodies but to the Heavenly Father.

## Messengers of God

(Sri Ganga Mayi, Mrs. I.G. Schultz, Germany)

Prostration, devotion to the Messengers of God  
Bearing the torch of the eternal flame  
Showing the way to his sacred Abode,  
Bringing enlightenment in God's Name.

God sends the messengers to the world  
Leading them carefully through the vale  
Helping them spreading His wisdom Divine  
His sacred guidance never will fail.

God-realisation leads us to Him,  
God-realisation will keep us alive  
Prostration, devotion to the messengers of God  
Bringing to mankind the crown of life.

# The Cosmic Mind of Sivananda

(Sri T.R. Rajagopalan, Sirpur-Kaghaznagar)

The truth of our instrumentality in the hands of the Creator can be very well realized from the fact of the wide-spread appeal of Sri Swami Sivananda's teachings and Mission in our country as well as a number of foreign countries and how tens of thousands of spiritual aspirants cling to Him for guidance and spiritual enlightenment. Because they see in Him the symbol of Divine Perfection and take Him as their Ideal and a safe boat to cross this ocean of Samsara. How it is possible for one Sivananda to swim into the intricate minds of His innumerable disciples at a time in a number of countries and dispel their darkness and guide them on right lines is beyond one's comprehension and it only reminds us of the characteristic of the Cosmic Mind of the Supreme Lord of the Universe and His functioning through Sivananda for the spiritual emancipation of humanity.

The miracle performed by Sivananda in transforming the mental outlook of His disciples in record time to unrecognizable magnitude, is only known to His innumerable devotees and constant reflection of that fact encourages every one to adopt spiritual way of life and achieve remark-

able results in his practical life.

To acquire cosmic mind of Sivananda, one has to become Sivananda. If one has to become Sivananda, he should undergo strict austerities and Sadhanas as practised by Him. It is impossible to reach His height and eminence unless one reaches his perfection. All our energies that are being dissipated by petty desires and endless thoughts should be converted into one Ideal by continuous prayers and meditation. Sivananda, the Divine Messenger, is there to guide us and lead us from darkness to Light, from unreal to Real and mortality to Immortality. No doubt He is transmitting His waves of Grace continuously and it is only for us to make a fit receptacle to fill ourselves with that Grace and be uplifted.

Though electric energy is everywhere, it is produced only in different Projects built at colossal expenditures and human efforts, and then channelised to places wherever required. Similarly though the Supreme Lord is All-Pervasive, His Grace is easily accessible from such Spiritual Reservoir of Ananda Kutir only whose Atmic voltage is incalculable, generated by the continuous Tapas of Sivananda. Sivananda Ideal is a sure way to success for God-realisation.

## EDUCATION OF THE INNER MAN

This world is a great school. This world is for your education. You learn several valuable lessons daily. If you are wise enough to utilise all opportunities to the best advantage in the spirit of Yoga, your capacities and will-power will develop to an astonishing degree. You will grow. You will evolve. You will expand. There will be integral development. You will march forward towards the goal. All veils will drop down one by one. All limitations or barriers will be annihilated. All shackles or fetters will drop away. You will receive more and more of Divine Light, Knowledge, Purity, Peace and Spiritual Strength.

—Swami Sivananda



## Some Characteristics of Sivananda

(Sri Indrajit Sharma, M.A., Simla)

If one finds some difficulty in knowing a sage of the pure type, I will refer him to Swami Sivananda of Rishikesh. Here is a saint whose daily life proclaims the highest principles of religion and spirituality. To see that spiritual life is not a bore, but an exhilarating experience you must go and see Swami Sivanandaji. His life is a romance in spirituality. One unique characteristic of Swamiji is that he takes things very easily and does not bother about anything. Another marked quality of Swamiji which I have been able to observe very closely is his utter lack of attachment either to any object or person.

Swami Sivananda is indeed a Maha Tyagi. He is a desireless person. Talking to Swami Chidanandaji, Swami Sivananda once said: "I am always peaceful. Because, I am prepared for anything. If all my disciples at the Ashram go away, I will take my Bhiksha in the Kshetra or in some houses here and remain in a Kutir. I will serve a few sick persons who come to me. If some devotees like to print some of my writings, I will let them do so. Rest of the time will be my own. If just two or three

hundred rupees come every month, then I will keep a few hard-working Sadhaks and train them in Yoga. If lakhs and crores of rupees come, then I am prepared to expand the work to any magnitude. I am prepared for anything. So, I am always peaceful. Do not bother yourself always about the finance and the kitchen."

Swami Sivananda is full of eagerness for building a better man, a better woman, a better child throughout the world. He wants to see smiling faces, gladdened hearts, cheerful spirits, charitable dispositions, righteous conduct and noble demeanour in all people. He is not like a tiny tank, but rather he is a perennial spring. His smile is so bewitching that one can become his slave for the whole life. The smile is the result of his Tapasya. All his soul-force is centred in his smile. It is a smile which dries up the tears of a million eyes. It is a smile that heals the wounds of a million hearts. Swamiji's smile is priceless.

May Swami Sivananda continue to shine like a sun for all times to come. May we deserve his grace and blessings.

## Response to My Call

(Sri Nathalie, Harszawa, Poland)

For many years have I been a seeker longing for Truth  
Until the moment when Sri Sivananda responded to my call  
And by his Message all sandal-wood scent shining in the glow of the  
word of God

Awoke the sleeping Self—

And the Self in me rejoiced in the Messenger's work  
Coming from India that I have known and loved.

# *The New Instructor of the World*

(Sri Gilbert Bourdin, Paris, France)

Every eighth of a month reminds us that a sage was born for the service of mankind, to lead us all from darkness to the glorious Reality of eternal Happiness. This New Instructor of the world is Your Holiness.

Your teachings have a great importance, for those whose idealism make them feel, that they are citizens of the world, even of the universe, in this age of interplanetary Ropetry. They are also full of hope for those who are trying to take the path of God-realisation.

You have written many books, founded the Divine Life Society for the welfare of the world, and infused warmth, faith and love in the hearts of mankind.

Against all religious bigotry, you are giving the best example to tolerance. I will never forget how the Christmas in 1960 was celebrated at your Ashram, with the great enthusiasm. You prescribe no special rite for worship. In your Satsang we pray to the One Lord, with the different names of His messengers. You have written that: "There is only one Religion, the Religion of Love and I can attest that the devotees of

all religions, are near You, like devoted sons near their Father.

Many people know from your literature, that everyone can attain Self-realisation, through the way of Yoga. People are able to understand, in the West as well as in the East, that Yoga is not magic, but "PRIMARILY A WAY OF LIFE" and that "Attachment to life is death". The whole world is your native home, and You are the helper of the children of God, showing the way to Unity, when you say: "Life is sustained by a common divine consciousness, and it is the ego which veils that consciousness."

And also you say: "Humanity is a family of common parentage therefore, religious belief or social frailties of groups of people should not divide one another. Man should have broadmindedness, understanding, spirit of accommodation."

Your Mission to establish peace in the world is done by the power of this simple motto of the Divine Life Society: "Serve, love, purify, meditate, realize. Forgive those who hurt you; bear insult and injury, cultivate endurance and universal Love."

With love and humility in my heart, I pay homage to YOU, the Divine Messenger.

## THAT THOU ART

You have a vast magazine of power within you. You can influence others. You can radiate joy and peace to millions of people far and near. You can elevate others even from a long distance. You can transmit your powerful, soul-stirring, beneficial thoughts to others, because you are an image of God, nay, you are God Himself—the moment the veil of ignorance is destroyed.

—Swami Sivananda



# The Dawn of Wisdom

(Sri Swami Sivananda)

1. Through wisdom and penance, the spiritual heroes who are stable-minded and pure, behold the Supreme.

2. The Realisation of Brahman is the attainment of Eternal Life.

3. He who knows the Immortal, the eternal, the imperishable the ungraspable, and unattached is a liberated Sage.

4. Sages are the bridges of righteousness.

5. There is only the Eternal Brahman in Truth. Nothing else really exists.

6. This world is only an appearance.

7. The whole world is a long dream and is utterly unsubstantial.

8. The Individual is a bubble in the ocean of Brahman.

9. Creation is a dream. Waking also is a dream. The body is a dream.

10. The One Consciousness alone appears as the universe of plurality.

11. It is Brahman alone that is experienced as Universe.

12. The condition of being in the mass of eternal Wisdom alone is the zenith of meditation.

13. To be human is to be unhappy. To be Divine is to be ever happy.

14. You have a body but you are not the body. You have a mind but you are not the mind. Body and mind are your instruments like the tools of a carpenter.

15. Knowledge obtained through senses is deceptive, illusory and false. Direct intuitional knowledge alone is real and infallible.

16. With a firm will and strong determination there is nothing in the world which one cannot accomplish.

17. Liberation lies in the annihilation of the little self or ego.

18. There is neither world, nor mind. Only the one mass of Consciousness Absolute is shining by Itself in Itself.

19. Self-realisation is attained through discrimination and profound meditation.

20. Samadhi is not inert like a stone. It is not unconscious sleep. It is not non-existence. It is Pure Consciousness or Absolute Awareness. It is Extreme non-existence of all forms of objectivity.

21. Delusion is overcome through right understanding, discrimination and Knowledge of Self.

22. Millions of kings have disappeared like particles of dust. Where is the confidence then, in your life and its stability.

23. Enjoyments, friends and relatives are mere imaginations. Why do you have attachment for all these imaginary things?

24. Pain comes in the form of pleasure.

25. Devote punctually some time daily in spiritual practices, japa, meditation, study and prayer.

26. Talk little, hear much and act much.

27. When you are in doubts and confusion, relax yourself and then pray for God's guidance or grace.

28. Retire to bed early after prayers, meditation and completing the spiritual diary and rise also early.

29. Always keep a cheerful countenance.

30. Have a balanced mind and face all the vicissitudes of Life.

# The King of All Kings

(Miss Roshan Surveyor, Bombay)

[An essay written when the students were asked in School to write on "A famous Character heard or read about.]

A famous character I have ever heard about is one of the greatest saints of the universe, named Swami Sivananda. He is still living in Rishikesh and is known as the incarnation of God. He has many followers among which are foreigners. He believes in selfless service and is always helping the poor and the needy. He is world-wide famous for his greatness. He distributes books free to all. He gives but takes nothing. He teaches us to be good and do good. He has established a General Hospital, a School, Homes for the poor, Societies among which are 'The Divine Life Society', 'The Yoga Vedanta Forest Academy'. He helps lepers to show his humanity. He loves his enemies and treats them like his brothers. He never gets angry and has never uttered a word to injure anyone. He is forever smiling and is cheerful. He loves children. He performed miracles to help people. Once when a mother came to him

in tears and asked: "O Lord, help me. My son is dying. He has very high fever and the doctors think that it is a fatal case". Swamiji calmly answered: "Oh Mother, do not worry. Pray to God with faith and all will be well. The next day the son was up and went to sit for his Examination in which he got excellent marks.

Swami Sivananda's books have changed many lives. Everyone from far and near go to him for help. He loves animals and treats everyone most kindly. An Apostle of Peace, he transformed bad people to good citizens by his loving eyes. In all his books, he tells us to give up lust, greed, hatred and jealousy and to develop divine qualities such as mercy, forgiveness, tolerance, love, generosity and patience. His elevating books give us a spiritual happiness. His happiness illumines his face. He is the King of all kings in his spiritual knowledge.

## Path to Peace

(Rev. Joseph Murphy, D.D.Ph.D., LL.D., Los Angeles, California)

It was my good fortune and great joy to lecture at the Yoga-Vedanta Forest Academy conducted by that illumined seer and sage Swami Sivananda. His words are like "apples of gold in pictures of silver". His pronouncements "are as a honeycomb, sweet to the ear and pleasant to the bones".

Swami Sivananda's book on "The World Parliament of Religion" is a great masterpiece; his books, meditations, and writings make an ever recurrent inspira-

tion: their contemplative content touch the heart strings and play upon them the melody of eternal faith, bringing ever nearer the ultimate path which leads to peace, happiness, and the effulgence of Truth and Beauty.

The Divine Life Society of Rishikesh is indeed a sanctuary to which all may turn for guidance, for it is a sanctuary built out of the treasures of eternity. It opens wide the door to understanding, to ways of pleasantness and paths of peace.



## *The Powerful Jyoti*

(Sri Sivananda-Suppiah, Kaula Lumpur, Malaya)

The All-merciful Lord with a view to alleviate His children from the dreadful Asura forces, sends His representative to the earth from time to time. At the critical juncture, a powerful Jyoti appears in the hoary mountain of the Himalayas in the person of His Holiness Sri Swami Sivananda Saraswati spreading the effulgent Light all over the world. His Holiness out of his compassion for the suffering humanity all over the world has saved the world by giving shelter to innumerable yearning souls and weary travellers on earth. His Holiness has rendered such tremendous service for the upliftment of humanity during the past few decades as most of the afflicted souls have been directed to move in the correct groove. The world is indeed indebted to His Holiness for his indefatiga-

ble yeoman service in imparting spiritual knowledge which alone could yield permanent peace and security to humanity.

I have had the rarest opportunity of visiting Ananda Kutir in February of the current year and having the Darshan of Guru Bhagwan. He shines in his pristine glory shedding forth more and more spiritual effulgence. He appears as the embodiment of compassion and is ever ready to help those who seek his spiritual guidance. He speaks very gently and kindly intermingled with philosophical humours. Since I came to know of him about eight years ago I have no other thoughts except Gurudev. He is my only God and prop and I have securely enthroned him in the innermost core of my heart. His divine prayer has produced miraculous results.

## *Divine Life to Every Home*

(Sri Vinoy Vihari, Dy. Magistrate, Sasaram, Bihar)

There are many Religious Societies with very high aims and lofty ideals. It is difficult to compare two societies. The aims and ideals of the Divine Life Society attract willing aspirants to its fold. The Society with lofty ideals of "Service, love, meditation and realisation" through the portals of "truth, Ahimsa and purity". The very name D.L.S. suggests that it is an assembly of a number of persons who are bound by the common ideal to attempt to lead Divine Life for attaining Self-realisation. It is natural that we have affinity for some and apathy for another, but we must not forget

that the Divine Life flowing in the two is not different. Hence there is a greater and greater need for developing and exhibiting love in our behaviour towards others and thereby we can realise the oneness of Divine Life flowing through all. Love is Divine. The message of Divine Life must reach every home. The tremendous progress we find today in the Ashram, Headquarters of the Divine Life Society, is purely due to the spiritual powers of His Holiness. May the Institution bring good to the whole world.

## The Way to the New Age

(Srimati Karen Mikkelsen, Copenhagen, Denmark)

Through the Danish Section of the "World Spiritual Council" I got into connection with Swami Sivananda about a year ago and received from the Swami an interesting Message to the Council's Congress in Elsinore, Denmark.

For some years I had been studying philosophy, psychology and religion, especially mysticism and had been the leader of the Danish Section of an international esoteric Society. I have a good knowledge of Indian Philosophy and had several unusual spiritual experiences. I still continue to penetrate deeper into the mysterious realms of the great Within, and therefore I took it for granted that something absolutely new to me was hardly to be found in Swami Sivananda's books and teachings. Nevertheless I am glad to state that the reading of the Swamiji's valuable books has brought to me a new and strong inspiration, just needed in a very troublesome period of

my life, and for this help I am deeply grateful.

Swami Sivananda has an amazing literary capacity and a special ability to explain those old Truths in plain language and in a simple, clear and instructive manner so that everyone, young or old, common or intellectual, in East and West, may be able to grasp the very essence of the ancient wisdom which has also highly influenced our western philosophy.

It is elevating to think of the grand work Swami Sivananda through a long period has done and still doing for humanity, thus preparing the way to the New Age where mankind will rise to a higher consciousness and live with peace and loving understanding in a true brotherhood.

May the Lord bless Sivananda with still many deedful years in service and guidance of the spiritual aspirants all over the world.

### SPIRITUAL AWAKENER NO. 128

AWAKE! ARISE! O MAN!

Beloved Immortal Atman,

Om Namah Sivaya.

Salutations and adorations.

Awake! Arise! O Man!

Be truthful,

Be patient,

Lead the Life Divine,

Dispel 'I-ness' and 'mine-ness',

Look within,

All happiness is within,

Waste not this precious life,

Attain Self-realisation.

May Lord bless you,

1st October, 1961

Thy own Self,  
SIVANANDA



## *The Song of My Soul*

*(Srimati Jer J. Contractor, Neemuch)*

I sing the song of my soul for the deep devotion and adoration I have for my Guru, Sri Swami Sivananda. When the mind, heart and soul are merged in Him as a drop of water in the vast ocean, when every thought, feeling and emotion flows in one channel directed towards Him, and when intellect, sense and will work in unison with Him, one forgets one's self and beholds His greatness and Glory everywhere and working through everything.

Guru's Kripa makes the dumb man eloquent and the cripple cross mountains, and out of mere compassion He dwelling within us, destroys the darkness born of ignorance by the luminous lamp of knowledge. The mystic flame of Divine Light grows within us to lead from the unreal to the real and to enable us to reach our final goal. Who can fathom the depth of a Guru's Grace, Love and Compassion!

Four years back He came in my life as a guiding Light and the Saviour of my soul. Since then I have always felt as if I was lifted up by Him from the scorching fire of a living hell and that the Gate of Heaven rent asunder to reveal the highest end and the real purpose of our human existence. And oh! the Brahmie bliss, peace and unalloyed happiness I sometimes experience deep within my soul. A Guru is truly an Amsa of the Lord Himself. I find no adequate words to express how His occult powers, will and vibrations work within

me every second of the day to guide, protect, instruct, uplift, transform and save me even from such a great distance. His all-pervading Presence has filled my whole being and it seems that He has attuned my consciousness to His in such a way that He directly witnesseth all my thoughts, feelings and actions and guides me accordingly.

Those who have already experienced His Infinite Grace in the form of miracles know beyond a shadow of doubt that He is the Master of all the occult powers to do and undo things at His Will. When I used to sit in His Presence I have clearly felt all the more His soul-elevating force working within me, and many a time going in deep Samadhi Himself. He would induce me to go in the same state and then infuse in me such powerful spiritual vibrations and a subtle part of His inner Self that like live currents bringing radical changes of a higher nature in me.

In Him I have found God's own reality  
In Him is enshrined His true identity  
My whole life is centred only in Him  
This is what my Gurudev is to me.

His Holy presence amongst us is the rarest gift of the Almighty to us; and when such a Great Deity is guiding us to turn Godward again, we have to follow His high ideals in action, and reach our final Goal in this very birth.

# Amazing Service in Sivanandashram

(Dr. Sri J.P. Nachnani, Ghoda, Poona)

It was in June 1938, during my trip to North India, that I had the privilege of a Darshan of Swami Sivanandaji Maharaj. Though the interview was of only a few minutes, yet I was so much impressed with the "TEJ" on his face, that I made up my mind to come again some day, for a longer stay at the Ashram.

Years rolled on. Twenty years after my first Darshan of Swamiji, I came back to the Ashram. I made my request for initiation, and it was readily granted. It was thus that I got my Gurudev for whom my mind was yearning. It had been my conviction that one should test and try, make sure, before one accepts anyone as Guru.

I came back again to the Ashram and stayed for three weeks and it was then that I had the first experience of Guru's Kripa. March being fairly hot, evening Satsang was held in the open. It was one evening when a classical dance was going on, and when not being interested in it, I closed my eyes, and started repeating Guru Mantra. I had a feeling as if Gurudev was watching me. In a few minutes a sensation, a feeling of a sort of ecstasy, a feeling which cannot be described, pervaded my whole being. Dance was still going on, but I left the place with a view to sit alone somewhere, to enjoy the pleasure of this experience in solitude. Gurudev asked me why I was leaving early, but I only replied 'Gurudev, I am

deeply indebted. Your Kripa has reached me.'

Let me also relate another experience of his graciousness to come to the aid of his disciples in distress. Having read his comprehensive and wonderful book SADHANA, I started getting up at 4 a.m. for the purpose of doing Sadhana, but try as I would, I could not keep awake during my Japa; after a few minutes I would doze off. I tried all the methods prescribed in the book Sadhana, to ward off drowsiness, but I failed. Then out of sheer desperation and dejection, I cried out "Oh Gurudev what else should I do, I have tried all methods as directed by you, and yet I cannot succeed. And lo, from the very next morning I could sit for three hours at a stretch without a wink of sleep.

In 1961 again I came for a longer stay of two months and was lucky enough to be in charge of the charitable hospital in the Ashram, and what I found simply amazed me. I found that I could indent, prescribe and administer any of the most costly medicine, tablet or injection, and all fully free of charge. There was no kind of restriction on me and I confess that I did so, to my heart's content, and naturally to the great advantage of the patients. While kissing the Master's Feet in token of good bye, I told Swamiji that I had yet to see an institution, in spite of my 42 years experience, which could be so liberal.



## *The Light of the World*

(Sri Paul Oji, Enugu, Nigeria)

It gives me much pleasure to write about "A HOLY ONE", who has proved himself as "THE LIGHT OF THE WORLD" and a worthy Saint to be emulated.

It was in 1952, that I came across a little pamphlet written by His Holiness Sri Swami Sivanandaji. The pamphlet was filled with words of spiritual advice; words that can awake a sleeping soul, who had lost the consciousness of his divine nature. After reading the pamphlet, although I was a member of Unity Church of Truth in Nigeria, I was highly impressed and elevated in consciousness by the writings of this Holy One. As I continued meditating day after day on the writings of Sri Swami Sivanandaji, I one day had intuitive urge that this soul is my spiritual leader who has all the potentialities and tact of leading the prodigal sons back to their eternal Father.

In 1952, I sent a letter to the Swamiji requesting him to be my spiritual Father and Leader. Prompt came the reply with positiveness, coupled with immense words of praise, advice, instructions and blessings. He concluded by saying: "Kindly be regular in your prayers and study of spiritual

literature. Be bold, cheerful and happy at all times. May the Lord bless you in every way!"

Although I have not seen His Holiness in person, still whenever I seem to walk astray in my life and remember the great Soul, automatically I feel His presence and begin to retrace my way.

The teachings of His Holiness have magnetic Forces. They carry with them what I can describe as "Spiritual Dynamo" which penetrate and interpenetrate the consciousness of worldly man, and tear veils of materiality and make him to see his way clear and also lead him to live the 'Divine Life', through Self-realisation.

I thank the Almighty God, who has made it possible for such soul to be in our midst today. I thank Him who has sent such personality in this material world, filled with temptations; to lead those who do hunger and thirst after righteousness and those who want liberation, spiritual emancipation.

May God keep Him for us for many more years so that those that are blind in mind, may continue to receive their sight.

## *Let Me Repose My Hope*

(Sri N.V. Ramana Murthy, Khurda Road)

O Lord! Lord of mine and of mankind!  
Take my humble salutations to Thee.  
Sincerely an attempt, I try to make.  
To show my reverence to Thee.

Thou art my Guru and my Guide,  
Thou art my Father and my Mother!

Thou art my soul and my Atman,  
In Thee, therefore, let me rest my hope.

Just a few words permit me to speak;  
To see Thou, I willed! and had come.  
How I'm comforted in thy solace  
And feel peace and happiness in thy fold.

# Master Eckhart and Swami Sivananda

(Sri Paula Schudel, Switzerland)

Through the contact with Sri Swami Sivananda, my understanding of the Christian Religion got much deeper. That makes me feel very thankful to the Great Master.

Divine Life has no creed of its own, but it represents the essence of all creeds. This is proved when one is reading about a great Christian Mystic of the 13th Century: Master Eckhart. He says: "Man cannot offer anything better, than his inward transuility".

Sivananda says: "Live an inner life of silence".

Eckhart: "Without working externally and doing good deeds, nobody reaches God".

Sivananda: "Be good. Do good".

Eckhart: "Who wants to receive all things, must surrender himself and all his propensities."

Sivananda: "Approach the one power and source of all life. He is the sole source of supply. He will give you anything you want (if you renounce the egoistic desires").

Eckhart: "The spirit rests in pure contemplation of the highest truth. Also the body rests in deep calmness, so that no member moves. Not one force of the soul is in function. All its forces are

concentrated in the innermost." This is meditation. Master Sivananda tells us how it should be done.

Eckhart: "If the withdrawal from the senses and from all imaginations is perfect and the whole individuality is surrendered, God enters man". Do we not hear Sivananda talking?

Eckhart: "Though man approaches or withdraws from God, God never withdraws from him."

Sivananda: "Feel the presence of God at every moment of your life".

Eckhart: "Only continuously exercising self-control, we get the strength to eliminate lower influences".

Sivananda: "Spiritual life is a perpetual struggle. You will have to fight day and night."

Eckhart: Give me but what you will and O Lord how you like and what you like."

Sivananda: "I am thine, all is thine, Thy will be done."

We are lucky that we have a living Master with us, who reminds us these great truths.

We do wish, that he may still live many years to spread his priceless gifts to mankind.



## Cluster of Divine Pearls

(Sri Swami Sivananda)

1. God is near and dear to those who have shunned desires.

2. He who realises God, becomes Immortal.

3. With the knowledge of God, all fetters fall off. With the waning of ignorance, birth and death cease.

4. When the Truth is realised, you will see the One alone everywhere.

5. The goal of life is Self-realisation. This is your foremost duty.

6. Ever remember God. He is the One Physician for all the ills of life. Repeat His Names with Bhakti.

7. As long as you do not realise the Truth or God, go on practising Self-control.

8. Spirituality has selflessness as its vital force. The highest use of life is to live in the service of others.

9. Service of humanity with Atma Bhav is the best virtue.

10. The whole meaning of the spiri-

tual life is to get rid of egoism and live in the Eternal.

11. Have self-purification. Practise self-effacement. You will have Self-realisation.

12. Divine Light shines only in the contented heart. So develop contentment.

13. Meditation comes gradually.

14. Slowly conquer your earthly desires and practise detachment.

15. Serve and love all beings, with the feeling that the One Spirit lives in all.

16. In order to know God you should love Him, surrender to Him and to His Will.

17. God wants only your pure heart. He is easily moved by the firm faith, innocent, childlike nature.

18. Investigate the Truth. Have deep real understanding. Attain Knowledge and the vision of Reality. You will no more be chained to the bonds of future births upon this decaying world. You will rest in the unsullied state of Pure Consciousness or Para-Brahman.

## Simple Way of Life

(Srimati Logamball Chetty, Pietermaritzburg, S. Africa)

One remarkable feature of Swami Sivanandaji's teachings is its SIMPLICITY—so simple is His teachings that all, irrespective of their educational standards are able to follow and grasp the contents both in the spiritual and medical field.

Because the Swamiji himself is modest, humble, and leads a life of selfless service, He delights in initiating others into it.

The Swamiji's teachings and practice of selfless service, love, meditation and realisation, needs no University education. He

asks that we have FAITH in the Great Lord, and to do all acts in a sincere and loving spirit, and to contribute to the work in a spirit of worship, no matter whatever walk of life one may be placed in. How wonderful it will be if all of us follow this simple way of life!

Let us in a spirit of humility and respectfulness seek the Blessings of the Swamiji for our well-being and the welfare of our fellow-men.

May we become glorious and enlightened by His example.

# *Spiritual Influence of Swami Sivananda*

(Sri N.C. Ghosh, M.A., Calcutta)

It is universally acknowledged that Sri Swami Sivanandaji is one of the greatest men the world has ever produced. He is a revolutionary in the sense that he has brought about a revolution in the world of thought. As the Founder-President of the Divine Life Society, Swami Sivananda started from scratch, and by virtue of his dynamic energy, extraordinarily sharp intelligence, unusual power of quick and comprehensive grasp and remarkable clarity of vision, he has easily made his mark in whatever field of activities he has chosen during the long four decades of his saintly life. The Divine Life Society is today one of the unique institutions of which India can justly be proud of. Once you go there, you can never forget the spiritual vibrations of the holy Ashram where lives the greatest living saint of modern times. Swamiji's life should be an object lesson for our people in general and the youth of India in particular. In spite of the weight of years, he is more youthful than even his younger contemporaries. He should live long for a hundred years.

Among the distinguished visitors to the Ashram from the capital and other places, Swami Sivananda is known as the "walking-Gita". He has written over 300 books on various topics and whatever he has touched, he has excelled. In the easiest possible manner, by simple words and through charming parables Swamiji has taught us great truths about God and how to have intimate personal experience of Him. What he has said is of inestimable value and perennial inspiration to all seekers of life's deeper meaning and of the living Reality behind and beyond all we see.

In the daily Satsangs, the gems that fall from his lips are a priceless wealth in the spiritual treasure-house of mankind. The wise "sayings" serve as a beacon-light.

My last visit to the Ashram situated by the side of the holy Ganges amidst picturesque Himalayan Sceneries was to me a crowning experience. Oh! what a joyful day it was for me. One cannot afford to miss visiting this place. It is an Ashram not for a country, nor for a nation, but it is for the entire humanity. Above all, a few days' stay with Swamiji is not only a thrilling contact—it is an eye-opener. Establish ten Ashrams like this and you will see a different world.

The purpose of life is to realize the oneness of creation and one's identity with the divine. Nothing but the knowledge of the Atma can give us salvation and nothing in this world can give us the secret except the lotus feet of the Self-realised Guru. Swamiji's life is his message. The peace that passeth understanding is writ large on the features of this Self-realized sage. Even when one sits by him when he does not speak, one should have a taste of the bliss which is too beautiful to last. Those who sat by Swami Sivananda saw the transformation. His loving hand is opened out to all. His sacrifice is great. His generosity has no bounds. Every year he distributes over a lakh of rupees worth of books free of cost to deserving aspirants all over the world! His board is free to the prince and pauper. His heart goes out to everyone in distress. Where is the Sadhak in the world who does not owe a debt of gratitude to Swamiji in some shape or other?



## *Sivananda's Real Greatness*

(Sri Bodil Becker, Munich, Germany)

"As the heart panteth after the  
water brooks,  
So panteth my soul after Thee,  
O God".  
—Psalm, 42.

These words from the book of Psalms in the Holy Bible are the most heartfelt cry of each human soul on this gray earth. Even if a great deal of us poor human beings not yet are spiritually developed enough to recognize this heartfelt cry of the soul, this cry is still there behind our mind and intellect, behind our laughing and weeping, during the struggle of life. Venerable Sri Swami Sivananda, one of the many reasons why I love and admire you is, that you not only help and lead that part of humanity who is spiritually developed enough to really know that "the soul panteth after God", but that you also help and lead those who are not yet so fortunate as to know and recognize the innermost soul cry and therefore still try to seek happiness from the delusive things of the world. Just because of your great Mission to help and lead also the less fortunate group of humanity; because you are unceasingly working to bring

us to understand our soul-cries, and worldly inclinations into spiritual inclinations, do I love you most. Your spirit and your soul are as great and clear as to easily reach and penetrate the stars, and you talk and write even to the most poor and spiritually undeveloped. How to just express my gratitude for your real greatness and sweetness! We thank you, Sri Swami Sivananda, and we give you with joy and reverence the flowers of our hearts! We wish you richness in the form of millions of souls, whom you draw to the eternal shores with your magnetic personality.

With so much charm and loveliness are you playing this sweet dream that you have your 75th birthday on the 8th September, 1961, but in reality your great spirit enjoys an ever-new and ever-lasting birthday each day, at any time in the transcendental realms of EXISTENCE-KNOWLEDGE—BLISS ABSOLUTE. Draw us all with you to the most-desired state of "existence-knowledge-bliss absolute" and make us able to celebrate and enjoy like you an ever-lasting and ever-new Birthday!

### FRIED, PHILOSOPHER AND GUIDE

It is a great blessing for us to live at this age because of our God, Friend, Philosopher and Guide Swami Sivananda is living with us. I had the privilege of writing to our living God and receiving his replies. He has cured me from a disgusting, disgruntled attitude. I am ever grateful to Swamiji for showering the choicest blessings upon me. Whenever I think of Swami-

ji, I happened to see him in my dreams Swamiji has blessed several human being and all of them are having spiritual progress. Sadhana is the only way to drive mental energy and peace. To-day the world requires peace and harmony and I am sure that we can achieve peace and harmony by following Swami Sivanandaji's teachings.

—Sri K. Retnavel, Colombo.

## *A Chance To Meet*

(Srimati C.M. Brummer, Johannesburg, South Africa)

Oh lord of light, eternal sage Thou wonderous one,  
My heart doth cry thy name thou art the sun,  
Oh crystal stream, Oh life of all that art  
Oh slumbered bliss, eternal beat of he art.

As light doth fall upon each petal opened wide  
As seas doth storm and shells doth ride upon the tide.  
As tears doth drop, and laughter doth occur  
Thou art this motion, all to life doth stir.

Perpetual bliss oblivious to Thy own  
Enthroned in light, contentment on Thy Throne  
May I beget to crumble at thy feet  
So Thou might step and I might chance to meet.

Please be my constant companion and reveal my heart to me,  
Should I fall weak in many matters along the way,  
Let me feel that thou art near, for added strength.

Please seal my lips from gossip and close my ears to evils of the world,  
Let me behold thee alone in all I see and let Thou alone be the doer.  
Beloved Guru, dear God, I have become jealous of thy love.  
I love Thee, and yearn for Thee, bless me.

### SPIRITUAL AWAKENER NO. 129

#### MEDITATE AND REALISE

1st August, 1961

Glorious Immortal Atman,  
Om Namo Narayanaya.  
Salutations and adorations.  
Renounce the ego,  
Possess dispassion  
And transcend the five sheaths,  
Become desireless,  
Steady the mind,  
Shut the doors of the senses,  
Gaze within,  
Meditate and realise,  
Become one with Brahman.  
May Lord bless you,

Thy own Self,  
SIVANANDA



## *Heaven On Earth*

(Sri Thakur Das Bagai, New Delhi)

As a member of the Divine Life Society I feel enraptured to write a few lines on His Holiness Swami Sivanandaji for the Birthday Souvenir.

At the instance of a relation I visited Sivanandashram in October, 1958, and stayed there for three days. After having experienced worried days for eleven years since the partition of the country, I being from N.W.F.P. in Pakistan, I felt that these three days were the best part of my life. Swamiji's presence and the general religious atmosphere of the Ashram served as a healing balm to my torn and lacerated heart. After leaving the Ashram, I felt like returning to that blessed spot again, offer my free services to the Ashram and spend the rest of my life there. I visited the Ashram again in 1959. It increased my craving to stay there permanently.

Peace of mind is the greatest wealth which one can aspire for and which cannot

be available even to the millionaires. But I got that peace of mind from Swami Sivananda, after long, long years of suffering. On account of his august presence and his sweet benevolence, his devotees and votaries come from all corners of the earth. The Ashram has now become the greatest religious and cultural centre of the world where one can find people representing all countries and shades of opinion, creeds and colours. India is proud of Swami Sivananda who is spreading the Gospel of Truth, Ahimsa and upliftment of Self throughout the world. May He live long for taking humanity towards higher life and spiritual upliftment in this troubled world. For people like me, Sivananda Ashram is nothing but an Abode of Bliss, nay another name for Heaven on Earth. The Poet has aptly said in a persian couplet: "If there is heaven on earth, then it is here, it is here, it is here".

## *Sivananda to Shape A Better World*

(Sri Ernst Hiebsch, Vienna, Austria)

After I read a number of books dealing with philosophy and Yoga, and after I had in such a way gained a faint idea what philosophy and spiritual life really means, I decided to seek a competent Master who could give me help and guidance on the further progress. I had read a book which was written by the Indian Yogi Selva Raja Yesudian who lives in Switzerland. Since I knew of no other possibility, I wrote to him and asked him, he should be kind enough and help me to find a competent Master. After about one year in March 1954, I read a newspaper in Switzerland and there right on the front page, I saw the photo of His Holiness Sri Swami Sivanandaji Maharaj and a short article about his work and

Mission. I felt such an inner urge to write to him that I could not resist to do so. In April 1955, I finally received the first letter from the Swamiji. My association with the Divine Life Society and my contact with His Holiness have been of a very great value to me. I have received a large number of books which are very precious to me and His Holiness has always been ready to help where help was needed.

His Holiness Sri Swami Sivanandaji is using his own high spiritual development and the great power of his organisation to shape a better world, a world where prosperity and brotherly love among the nations prevail.

## *A Modern Messiah*

(Srimati Rookmoni Sinthal, P.M. Burg, S. Africa)

The call to Rishikesh was irresistible. It came to me unexpectedly. God's ways are mysterious indeed and his wonders are many.

It was in October 1959, accompanied by some devotees from South Africa that I first set my foot on the holy Himalayas, which have nurtured from time immemorial, countless sages and seers that India has proudly produced, dwells the Rishi of Rishikesh, Gurudev, Swami Sivananda.

At the Ashram we received a very warm welcome from Gurudev and he was happy to know that we were from South Africa. Throughout our stay for 15 days at the Ashram, we enjoyed serenity, peace and derived the inspiration which we looked forward to have. What we particularly observed was the love and noble service of Swamiji evident everywhere at the Ashram. The fruits of his great service to humanity was exemplified at the Hospital, Printing Press, Yoga Museum, Bhajan Hall, and other centres of his great work.

My first impression of Swamiji as an embodiment of love came to me at the evening Satsang. The Bhajan Hall, was transformed into an abode of bliss by Swamiji's

voice of love and his kind, sweet words, singing Bhajans with devotees. At this assembly we were called upon to speak on the Divine Life Society's activities in South Africa. I cannot forget this memorial evening.

Swamiji has not only inspired me by his eminence, but by his human affections. This is manifested in his daily routine in welcoming various kinds of people, the love and consideration with which Swamiji treats people, the comfort and convenience he shows on the visitors and guests to the Ashram, and the affectionate way, with which he gives beautiful gifts, are all an eye-opener to the aspirant.

Saints and Sages are the Light that illumine the path of mankind to the goal of peace, plenty and prosperity, Gurudev Himself a modern Messiah, whose soul-stirring teachings have illumined the path of numerous seekers.

I cannot describe the depth of what I feel and what Swamiji is to me, all I can say is that compassionate and loving eyes of the Indweller of all beings are at Ananda Kutir, the Abode of Bliss". On the occasion of his Birthday, the love and gratitude of millions of his disciples will be with him.

### THY DYNAMIC POWER

On this happy occasion of your Birthday my family, friends and the devotees of the Divine Life Society Centre, Mayville, have the greatest pleasure and love in wishing your Godly self good health and long life. I have found peace in mind, body and soul through your dynamic Power. I have

pleasure in propagating all your teachings. Japa works miracles. May I send my greetings to you year after year till the end of my life and have you before my eyes.

—Srimati K.G. Savithri Naidoo;  
Durban, South Africa.



## *My Contact With Gurudev*

(Sri A.P. Brahmabhatt, Utete, Tanganyika)

It is said in Bhagavad Gita that 'pari-tranaya Sadhunam Vinashaya cha Dush-krutam, Dharma-sansthapanarthaya Sam-bhavami Yuge Yuge'—It is a promise of Sri Krishna. I was in mental turmoil and could not decide the Goal of Life, in relation to my family responsibilities and circumstan-ces. I wanted to renounce the world, but God Almighty directed one of my friends to send the literature of the Divine Life Society, all of a sudden without asking, thereby putting me in direct contact of my would-be Guru, Swami Sivanandaji Maha-raj. After carefully reading the magazines, I was deeply impressed by His Holiness Swamiji's writings, which gradually cooled my mind and increased Sattwic Bhava, and in 1960, I joined the Society.

I am progressing steadily to mould my life as directed by Swamiji, by Nama and Mantra Japas, Asanas, Dhyana, Dharana and studies of religious books, which give me glimpses of divine Peace and Joy.

I have several times requested Pujya Swamiji for his instructions and guidance and also for His Blessings and prayers, on our behalf, to which He has, un-

failingly, acceded, amidst His pressure of work to attend to and reply to thousands of disciples. His blessings and prayers, on our behalf, has helped me and my family mem-bers to lead our daily life and also to devel-op in Sadhana. This could not have hap-pened without the Grace of Guru.

Frankly, I must say that even though I have come into contact physically and by reading books, with several Mahatmas and heard them preach but the Peace of mind and Sraddha created by Swamiji's Divine contact is unique. The Divine Life Society and Swamiji's Mission has been and is go-ing to be, for centuries to come, a Boon to thousands of Sadhaks like me.

If God creates suitable circumstances for one, I would say, everyone, who is eager to develop Sadhana, MUST visit, and stay at least for small period, the Sivanandashram, have Darshan of Swamiji, and take benefit of the selfless services offered, so that Peace of Mind could be experienced, by the spiritual atmosphere of the Ashram. This is my cherished wish and I pray God to ful-fil it.

### TRANSMISSION OF HIGHEST VIBRATIONS

I regularly receive the "Divine Life" Magazine and find the lessons highly inspir-ing. It is of great importance to guide man-kind in the spiritual path. Swami Sivananda has founded the Divine Institution, Divine Life Society and the Divine Life Magazine.

He is in touch with the highest vibrations coming from beyond the Sun. He transmits the Message and Power to all his students, and guides them for leading an ideal life.

—Sri J.H. Cunningham, Australia.

# Our Glorious Path

(Sri Eddie Boon, Java, Indonesia)

Swami Sivananda's long and arduous Mastership of vast subjects of life and mystical nature strikes one with awe. To recount the varying facets of our Beloved Guru's personality would be impossible. It is wisely said that a Guru can have no real personality in the sense that the average person understands the word. He is in fact a fusion, in one being, of all personalities. His nature is compounded of the All, so full of love and understanding, so capable to help the urgent need of humanity.

Many words have been written about Sivanandaji. But only when His personality strikes the Inner Cord of our spirit can we fully understand it. Born with the gift of knowledge, words flow eloquently, in an unceasing stream of liquid gold! Now does the deep well spring of His understanding abate, and many are the miracles which have been performed within the walls of the Divine Life Society at the Himalayas and abroad with the lives of those, who had suffered from physical or spiritual disturbances.

Very few indeed are able, as in Sivanandaji, with a single sentence, a phrase, a word, to implant the Divine Seed within the human consciousness.

Just as His character harmonizes easily with others, so does the distress of another come quickly into His comprehension, and it is wonderful to watch the seeker, weary of spirit and sore of heart, after coming into contact with Sivanandaji, his entire being altered, riding on the Wings of Hope!

Do we not all, if we would tell the truth, win more love than we give to Sivanandaji;

are we not all debtors to the overflowing bounty of our Guru?

Peep through the veins of His heart and you can hear its whispered prayers longing to say to you: "Let us join hands and hearts together!" Yes, His is the one True Prayer through which all sacred and understanding hearts beat in rhythm.

There must be a way, if we but resolve and join hands and hearts together, to do all that we know we can do to help Sivanandaji. Let love prompt our reason, and obey the inspiration that comes to us. We must resolve to perform what we ought and perform without fail what we resolve. All the dreams that we dream, may come true if we but co-operate together.

## OUR DUTY

In all his boundless stretch of heaven and earth, to whom must we belong, and what greater service can we give to our Guru, to the Divine Life Society, to ourselves, to all the beautiful things of life and humanity at large, than to dedicate our all and all to Sivanandaji? This needs the very best in you and me. But in Heaven's mind, this grace of ours will be the greatest of kindness.

We know what is life; we know what people are. We cannot by simply imagining change these facts. The only thing that we can change the conditions of an outer nature in our lives is, first of all, to change ourselves by our own spiritual understanding and increased power, and then to help the needy and spread the Light. This means to say that, if we are truly dedicated, we shall then desire to help and inspire



others to help too what our Beloved Guru Sivanandaji is doing realizing that, only through such understanding, can all men work and love and prosper together in harmony and love. Let us keep before us always this shining goal toward which we strive.

Training of people in every plane of life, the Hospital, and dissemination of spiritual knowledge through Press, Jnana Yajna naturally requires time, effort and money. Here is a glorious opportunity for us to share the Grace Divine if we help the Divine Life Movement. Let us help.

The need is great and the Glory is Unique.

Let us not fall below our faith. Let us accept Sivanandaji with trust and sympathy as He has done towards all humanity so that we may truly become like Him. Let us be grateful for having a True Guru.

A shining Light in our present troubled world such Guru as Sivanandaji cannot but be the Source of Inspiration for a New Age in the life of men upon this earth—where all men ultimately will recognize each other as partakers of Divinity. Our path is a Glorious one. Our ideals are high. May God help us all. AUM!

## *Path to Perfection*

(Sri Swami Sivananda)

1. Brahman's true nature is Pure Consciousness.

2. The world is a shadow of God.

3. The world is full of mirage. Beware of its deluding and alluring enchantments.

4. Bind this Imperishable One in the Ether of your heart with the string of deep and constant meditation.

5. Ego is the source of desires and illusions.

6. To desire, to crave, is to suffer.

7. In the illusion of separateness is the seed of desires.

8. In separateness is the world's greatest misery.

9. Share and be selfless.

10. Compassion makes you noble and beautiful and divine.

11. The core of life is compassion.

12. Religion is life. Life is sacrifice.

13. Culture and peace makes one immortal.

14. A Sage kindles a light that never fades.

15. There is a greater power in Silence. There is a great peace in meditation and prayer.

16. Implicit devotion begets true wisdom.

17. Thirst after sensual pleasures is protracted disease.

18. Self-control is the Foundation of spiritual life.

19. Be established in the non-dual blissful Atman and attain Supreme Peace.

20. Nothing is permanent. All things change. All things pass away. Brahman or the Eternal alone is permanent and real. Realize Brahman and attain Immortality.

## Swami Sivananda's Insight

(Sri L.D. Stein—Srimati Savitri Devi, Cali fornia)

Like most persons from the West, I came in a state of wondering excitement to Ananda Kutir. Could it be,—that by great good fortune I was to find the "Swami Siyananda", of whom I heard in Calcutta—Or would he be off in the forest somewhere, unable to be found, or if found, refusing to see on—as I had been told might be the case.

Grace of Lord, and Grace of Swami, were poured forth, for I was received, most graciously accepted and invited to remain for instruction. Wonderment and excitement vanished. I was left MUTE. The muteness did not leave, for it came through the shining luminosity which permeated my mind; a luminosity which brought answer to the many questions I had thought to ask of a Guru.

This is the unerring-perfect manner of Guru's instruction. It has proved so

through an entire decade! Always, never-failing, has come instruction material of the unerring-right nature, at the right time! Swamiji sends, even when one is not aware of the steps one has taken in Sadhana. Unerringly true and clear is his insight of the aspirant's progress and needs, and proper time for instructive material. When time may seem short to him for mail transportation,—in greatest grace he beams instruction to one's mind, or if the aspirant is receptive, he comes Sukshma, placing material in one's hand.

Surely, once one has come within the Spiritual Presence of Swamiji, all is Changed; for a mantle of shining  
Beauty

Is ever upon one;—giving a radiance to  
Our thinking, our feeling, and very  
living!

### SPIRITUAL AWAKENER NO. 130 GUIDE TO GOD-REALISATION

Adorable Immortal Atman,  
Om Namo Narayanaya.  
Salutations and adorations.  
Have Satsang,  
Hear the Leelas of God,  
Serve the saints.  
Recite the names of God,  
See God in every form,  
Restrain the senses,  
Be pure,  
Be contented,  
Do not find faults in others,  
You will attain God-realisation.  
May Lord bless you.

1st December, 1961

Thy own Self,  
SIVANANDA



## Science and Religion

(Sri N.P. Padayachi P.M. Burg., Natal)

The world is passing through difficult times. With so many problems needing our immediate attention among us, man's greed for conquest, glories of victories and the urge of curiosity to know what is beyond, above and around us has taken him a step further, in that, space has been conquered. While man is gloating over this success and planning for further discoveries and mastery, he is losing the fundamental basis on which humanity rests or should rest—Love, Peace, Goodwill and Brotherhood.

Religions throughout the ages have been playing their part, in that the feeling of my religion and your religion, my God and your God, my belief and your belief based on non-essentials have been the keynote. This led to division, conflict, difference, quarrel and even bloodshed and loss of lives—if one considers the Crusades and the Reformation Movements.

Religion as practised by man today, does not appear to foster Love, Peace, Good-

will and Brotherhood. The very opposite is the order. Our Gurudev could indeed be termed the Uniter of World Society. His message to the world has always been one of World Peace, Cosmic Love, Universal Brotherhood and Goodwill. Whatever religion one belongs to, one should be a Divine person. Although this is simple to practise, man motivated by selfish and personal interest and mundane things of life has made this difficult and well nigh impossible to achieve. If only, some of the time devoted to world pursuits based on materialism could be devoted to setting up a world society based on the teachings of our Gurudev, surely some success could be achieved. Our Swamiji and the Divine Life Movement are doing a wonderful job of work in this direction. To say more about one so highly placed in spiritual attainment and one who is really a God-realised saint is difficult. May Swami Sivananda steer this Divine Life Movement to greater success.

### TORCH OF SPIRITUAL WISDOM

It is my good fortune that I am acquainted with this great Saint and Saviour of Mankind, Swami Sivananda. Through the Kripa of the Lord we are blessed to have such a Great Saviour. It is a great boon to this generation. I am one of the crores of admirers of this Master.

By the blessings of Gurudev, countless aspirants have taken to the spiritual path throughout the world. His teachings have

elevated many and successfully led them in the spiritual path. With a number of able, educated, selfless, dedicated workers and devotees, the Divine Life Society is capable of doing wonders and hold aloft the torch of spiritual wisdom. This institution is bringing peace, harmony, brotherhood to the world through the vigilant care and dynamic work of its Founder.

—Sri Kisten Nathamunee,  
Durban, South Africa.

# Way to Peace of Mind

(Sri John Cummings, Suva, Fiji)

His Holiness Sri Swami Sivananda has borne real "Witness of the Light" to me during the last ten years, when I have corresponded with him and studied his most valuable books.

For many years, both in the Orient and the Occident, I have searched for the Truth, having found something lacking in my conception of Christianity, *as taught*, with its ecclesiastical dogma and ritual and countless denominations, which in my humble opinion is apart from the simple teachings of the Christ. I was not still satisfied after having studied Buddhism, Mohammedanism and Confucianism.

I read by chance "The Secret Path" by Paul Brunton and all his books, which initiated me into the philosophy of YOGA. Then I heard of Swami Sivananda and his

divine work in his Ashram at Rishikesh, and found in his letters and books what seemed to me to embody the best parts of all the philosophies I had studied, and also what appears to me to be the Truth which I have so long sought for. I quite realise however that although I have studied YOGA for over fifteen years from books, I am still only on the borders of the real meaning of the various Branches of the philosophy, until I can come to Rishikesh and sit at the Feet of His Holiness and learn directly from him the way to Peace of mind, which I cannot find in the West in these days of turmoil, "talks", cruel materialism, and religious bickering.

May God Almighty watch over His Holiness always and grant him many more years in this life to teach the divine life, and all it stands for.

SPIRITUAL AWAKNER NO. 130

TRUTH OF TRUTH

Adorable Immortal Atman,

Om Sri Ramaya Namah.

Salutations and adorations.

Truth is seated in God,

Truth is God,

Truth is Brahman,

Truth is Tapas,

Truth alone triumphs,

Speak the Truth,

Rest in Truth,

Realise the Truth,

Truth is your guide,

Truth is thy goal.

May Lord bless you.

1st February, 1961

Thy own Self,  
SIVANANDA



# Swami Sivananda's Service to Mankind

(Sri Swami Krishnananda—Mathur, Sivana ndashram)

Sri Swami Sivanandaji is doing immeasurable work in opening the gateway of the bliss of supreme realisation of universal oneness. Anand Kutir is a Spiritual Powerhouse where the Holy Mahamantra, chanted day and night, is constantly sending forth spiritual vibrations throughout the world.

Sri Swamiji has perfected himself in every way, physically, morally and spiritually and has merged his consciousness with the Divine. He lives in the lives of others, devoting his time and energy to the service of mankind. He has set up an example of what an ideal sannyasin should be.

Swami Sivananda teaches three things essential for God-realisation:-

- (1) Constant remembrance of God;
  - (2) Spiritualisation of all activities;
- and
- (3) Cultivation of virtues like Ahimsa, Satya, charity, purity in thought, word and deed, Brahmacharya, Universal love, and selfless service.

He says: "Repeat the formula 'I am Thine, all is Thine, Thy will be done, O Lord!' Offer all actions and their fruits to God. Then you will not be bound. Feel that the whole world is a manifestation of the Lord and you are serving the Lord in all names and forms. Consecrate your actions and the result thereof to the Lord. Then your heart will be purified and you will be ready to receive the divine light and grace." This is a beautiful formula for self-surrender.

His tall stature, his generosity and his

love for humanity, are a source of constant inspiration to all of us. He serves the world in various ways. He also celebrates the birth-anniversaries of Christ and other prophets which depicts his catholic outlook. He says: "If you are a Hindu, be a true Hindū; if, a Christian, be a true Christian, because Truth in all religions is one and the goal is also one. All religions are like so many paths leading to one and the same goal."

In short, he teaches us to be humble, to love those who despise us, to do our duty with love and devotion and work ceaselessly for the welfare of others without any selfish motive.

Sri Swamiji has founded the Divine Life society and Yoga Vedanta Forest Academy wholly on humanitarian and philanthropic grounds. To serve each other, to love each other, to meditate upon and realise spiritual ideals are the main aims of the Divine Life Society. He personally renounced wealth and position to devote his life to the service of mankind. He is a living example of kindness and compassion to the whole human race, and does dynamic service to the people.

He treats the saint and the sinner alike, because man is potentially divine. His policy is to decry the sin but not the sinner. He neither encourages complaints nor himself complains about anyone. He is ever in a blissful state of mind, though he may look just like an ordinary person in his talks and jokes. Such is our blessed Gurudev and his teachings.

## *In the Presence of Gurudev*

(Dr. Sri Sivananda-Sundarananda, Mangalore, South India)

I call my Gurudev the condensed NECTAR. He is the source of joy to all. He spreads sweetness to the sky, he speaks sweetness, breathes sweetness and lives in Sweetness-Ocean. Even beggars and menials taste this sweetness of Siva, my Gurudev. I do not call him a Yogi, a Jnani, a philosopher: I call Him Sweetness, Jam, Bliss! Like the children looking up for the sweet face of their mother, aspirants crave to look at the immortalising face of Swami Sivananda, the Blissful. He laughs and sings; he speaks and is silent; he enjoys and renounces; he acts and is indifferent; he is all-knowing and joyful; he serves, loves and gives, yet he is unconnected with all; he prays and sings to God but knows that He himself is God. None can dream of evil in the presence of my Gurudev. Evil flies away, Satan takes to his heels, passion dies, anger perishes, and the rogue becomes a saint in the presence of the sweet and blissful Swami Sivananda.

Swami Sivananda possesses a heart vast like the ocean, pure like the crystal, calm like the pacific, great like the Hima-

layas, patient like the earth, sweet like Ambrosia. The goodness and beauty, the joy and the love, the bliss and the happiness, Swamiji Maharaj emanates to the sky and the earth, to the trees and the hills, to men and women, to the living and the dead, is a sea without shore, an Ocean! I took a dip in this ocean, I washed off my dirt, I shook off distraction, I dispelled ignorance: I am fresh and am bright. I am joyful and am blissful. I drink deep the essence: I have appeased my hunger and quenched my thirst.

Swami Sivananda is not a weaver of subtle, speculative, intellectual threads, but a revealer of the Immortal Essence that floods the central being of all things. He is to unveil the mystery of life, to lift man high above the miserable existence. Day and night he engages himself in lifting up the world towards the path to Immortality.

May God grant him long, long life  
That He may help us in our strife;  
Then will all our sorrows cease,  
Soon will we be full at ease!

### THY WILL BE DONE

The joy I have received from the articles in the DIVINE LIFE Magazine has changed my whole outlook on Humanity. I find I can help other people in their troubles and in so doing forget my own adversities and find it so much easier to say: "Thy Will be done". I always pass on your Magazine to any I find depressed or loaded with cares and responsibilities. The Divine Life Society truly spreads the Gospel of

Peace. My thoughts are often in Rishikesh and how blessed are those that can make the journey to visit you. I began by studying the Swamiji's first steps to 'Yoga' and it is a great inspiration and help to say: "Be still and know that I am God".

—Srimati Athalie C. Sleith,  
Elwood, Australia.



## *Sivananda's Influence in Mauritius*

(Sri Meernaidoo T. Somanah, Mahebourg)

Sri Swami Sivananda's God-inspired and humanitarian Mission has been helping, guiding and spiritualising the world through the various Branches of the Divine Life Society. Atheists and extremists are enrolling themselves as members of the Divine Life Society which caters for their spiritual uplift.

God has sent Swamiji to bring about harmony, spirituality, love, peace and order in the universe. His duty is wonderfully marvellous in the eyes of Angels whose statues in temples and churches solace us.

In Mauritius we give discourses and sing religious songs in the honour of the Prophet of the New Age. I have dedicated my life to serve him through the needy people and our dumb friends, animals too.

Swami Sivananda performed extraordinary miracles in Mahebourg. Our house was not affected by the dreadful cyclone, whereas many new-built houses were pulled down. My friends after reading the philosophical works of our real visible God, Sivananda, turned into a new leaf. Now Guru-

dev's divine inspiration is the property of the English men. All of us find our real God in Swami Sivananda. I have received an encouraging letter from Guruji for the restoration of my eye sight. Mahatma Sivananda teaches us through letters and dreams too. All his philosophical teachings bring miracles. I felt great improvement in my eyes after his prayers in Lord Viswanath Mandir. Through Siva, we have been able to understand the ancient scriptures. He is a veritable Light. He is keeping alive the spiritual spark in humanity, that brings about acme of divine perfection, peace and poise into the lives of those who are suffering from all kinds of material diseases.

Swami Sivananda is full of love. He is a mother to all of us. He is a liberated saint. He is the manifestation of Divinity. We can learn from Swamiji the simple way of Lord Jesus Christ, to love thy neighbours as thyself; the universality of all religions; the practice of feeling the presence of God; the glory of self-reliance and Immortality of soul.

### LASTING HAPPINESS AND JOY

My experience of the visit to Rishikesh in 1958 is still so vivid to me that I could draw a picture of it if I were an artist. Every remembrance of it fills me with joy and happiness. I am sure, a day will come when I shall be able to see Swamiji again and enjoy his Satsang.

I have a very strong desire to reach

the highest possible a human being is capable of, and I am prepared to follow Swamiji's footsteps. For this I need Swamiji's constant guidance and advice and blessings Swamiji will give me an opportunity to satisfy my desire to sacrifice myself for the sake of the highest.

—Sri Mohan Patel,  
London.

## The Way to Peace

(Sri Gompal, Hoshiarpur)

My vocabulary falls short of words to depict the glory of immortal teachings of Swami Sivanandaji. His contribution to spiritual thought is invaluable and unique. In me, Swamiji Maharaj has turned a crude iron into sterling in no time. His teachings have infused a miraculous charm in me and my inner force.

His Holiness says: "Man is essentially Divine". This has awakened and helped me a lot to emerge out of the duality and a riddle I was merging in. Among other stages and sections of Yoga-Bhakti, Swamiji Maharaj teaches: "Realisation of Truth". He has analysed Karma Yoga very comprehensively. He lays great stress on the control of mind. He advises that silence of mind cannot be practised in the caves of mountains or forests. It could be conve-

niently practised while on work. He emphasises to dive deep within through constant remembrance of the Lord (Japa). Mind is a bundle of thoughts and that is only feasible when one concentrates on his "Ishta Devata". Speaking on sense-objects, Swamiji Maharaj, preaches control of mind. The man who dwells on sense-objects, develops 'attachment'. Attachment arises through limitless and unfulfilled desires and cravings; from desire ensues anger. From anger springs infatuation, from infatuation it goes to confusion of memory and the latter results in 'loss of reason'. From the loss of reason, one goes to complete ruin. He who has fully controlled his senses, is exclusively devoted to spiritual practice, and is full of faith, attains knowledge. Having gained knowledge, he immediately attains Supreme Peace.

## Hearken, Oh Man!

(Sri Swami Sivananda)

1. God is One. Truth is one. Law is one. Religion is one. Realisation is one.

2. This visible world is God's juglery.

3. God first, the world next, yourself last.

4. You are not flesh alone, but you are both spirit and flesh. Your real nature is Divine.

5. You need not wander from forests to mountains in search of God. He is within you, He is all round you.

6. Divine Life is not rejection of normal life and its activities, it is in fact the normal life.

7. Let the Divine Name be your staff, meditation your spiritual food.

8. Dharma is the key to success in life and Self-realisation. Therefore stick to Dharma.

9. Return from this variegated world to the deep recess of your own Self.

10. You should love your neighbour as yourself because you are your neighbour and mere illusion makes you believe that your neighbour is something different from yourself.

11. He who knows himself in everything and everything in himself will not injure himself by himself.

12. Raga (like) includes Dwesha (dislike). Therefore go beyond Raga-Dwesha.



# Yoga Has Much to Offer the World

(Mrs. Virginia Van Dusen, Florida)

Sri Swami Sivananda came to me through his writings in Robert Collier's Book, "The Amazing Secrets of the Masters of the Far East". At that time, I was ignorant of the knowledge of Yoga, and naturally was opposed to it.

One paragraph brought great peace of mind and naturally I read it several times. Let me quote a portion: "Therefore real happiness is within. You will get it through control of mind and not through money, women, children, name, fame, rank or power". To me this carried a tremendous message. My entire attitude towards Yoga changed and I could see that Yoga has much to offer to the world as well as to me.

It is truly amazing to me that Sivananda finds time to answer personal letters. Frankly, when I wrote to the University to inquire about books, I certainly did not expect him to write to me, but he did. Even though I have not had the great joy of meeting Swami Sivananda, I feel that he has only one purpose in this life, viz., give, give, give. He has been so very kind to me.

Swami Sivananda stands as a great beam of Light expressing Universal Love, living a selfless life. We are indeed fortunate to have among us an illumined consciousness.

Yoga is one of the most powerful instruments we have to bring peace to the

hearts of men and then we will inevitably have peace on earth. The world is at the crossroads—either to come forth in its greatest glory and unparalleled spiritual regeneration or to see utter destruction and devastation. It is most interesting to observe that great souls such as Swami Sivananda come to this earth consciousness when needed. God truly is expressed through him.

Dear Sivananda has given his life to "Peace on Earth Good Will" to men. His work needs to be promoted more. The people with financial means need to come forward. God has given the wealth to glorify HIS works. One is blessed throughout eternity when aiding in God's work.

The world is now ready for Yoga and I am convinced that that is the reason the Yogis are now beginning to give out their century old secrets. East is East and West is West and the two must join hands and work together. They must join hands and work together. There must be unity to survive. No one can possibly do for the noble cause of Unity what the real Yogis can do. What would make the dear Master more happy than to have the fruitage of his work come forth more abundantly? Many say that they love him and are grateful for what he has done. The Schools will be the deeds which speak far more loudly than words. America is now ready and our precious Sivananda has waited such a long time.

## *Sivananda's Joy in Service*

(Sri Anant S. Yande, Sangli)

Those who are blessed can progress in spirituality. They only can serve the nation selflessly. This sacred land of sages has given birth to the saints and Mahatmas who had devoted their whole life to the communication of His Name and His Message to the world. Even today we see such saints living in flesh and working as silently as Lord Himself. Our Gurudev Swami Sivananda is the example.

Sri Swami Sivananda's noble and enlightened life infuses inspiration and wisdom into thousands of aspirants all over the world. His charming personality magnetizes the aspirant whoever comes into his 'sphere of Influence', with the elements of goodness and service. Swamiji is the real Vedantin. He sees God in all. All men are equal to him. "Saints are like philosopher's Stone", says Tukaram—a great Saint of Maharashtra. An axe breaking the Philosopher's stone is converted into gold as soon

as it touches the stone. Even so one may go to Swami Sivanandaji with any intention. Swamiji will serve him with great love. Sivananda returns love through service. Service is the very essence of his life. Without service, he says, he cannot live. Service gives him joy. Sivananda serves humanity through innumerable channels. It is indeed a superhuman achievement.

God is merciful enough to live on this earth to serve humanity through the Divine Person of Swami Sivananda. The best way to celebrate his birthday is to resolve to bring into practice Swamiji's teachings. For the whole year Swami Sivananda prays for our benefit. On this holy day, let us pray to the Lord for giving him health, long life and tremendous strength to continue the humanitarian work of his mission. Let us try to be radiant with the light of his purity. May we become the limb of his body and the breath of his mouth.

## *A Leader to the Holy Spirit*

(Sri Wladimir Lindenberg, Berlin, Germany)

The world has changed enormously since hundred years by technical discovery. We nearly can fly around the earth and perhaps soon to the moon. There is, like a "Rocher de Bronze" one personality, that shines through the dark clouds of our world, a teacher of humanity, a leader to the Holy Spirit, Swami Sivananda Maharaj. A whole life he teaches us the old wisdom of Yoga, he gives us by his life and his writings and teachings the best example, how to live, how to approach God and also each other and oneself.

From the far east of old India, from the borders of the highest mountains of our world, Swami Sivananda's teachings are running round the world, and his numerous pupils try to perform their small, earthly personality into a bundle of light. He has created an invisible, but a very active chain of spiritual men, who in the whole world act for freedom and for Self-realisation.

May our Lord bless him for all he has done for mankind, for our time, for the spreading of the oldest wisdom of India through the whole world.



## Para-Brahma

(Srimati Uma Devi, Mrs. V.A. Batty, Australia)

Para-Brahma of the Universe

Our Wonderful God,

We praise thine all-holy,

Thy Glorious Name!

Thy servants, the ages, thy diadem weave

Of the galaxy's star-dust and flame.

To thee is one day as a thousand years

And a thousand years as a day,

A flower of eternity, glistening with tears,

Whose purity will never fade away

### OUR THOUSAND YEARS

A flower of eternity, glistening with tears,

Whose purity shall never fade away.

O Para-Brahma, Our God, a burning heart

We offer, as low as thy footstool we fall;

Thou, Light of Lights, art our guide from

age unto age;

To thee with our voices we call;

We lift our thanksgiving for these

thousand years,

For refuge but thee have we none;

We lift our thanksgiving, bedew'd with our  
tears,

As the wheels of our destiny run.

### OUR THOUSANDS YEARS

Like the frost and the darkness of morning

Our tears shall pass 'neath the light of the  
sun.

Para-Brahma of the Universe, our wonder-  
ful God,

Our life is but fading and withering grass;

We die if thou be not our light and our life;

Without Thee to the dust we would pass,

Be thou, Para-Brahma, each morn the sweet  
spring of our life,

Our Leader midst toil of the day,

At even our heavenly solace from strife,

The guide of the Spiritual Pilgrims way.

### OUR THOUSAND YEARS

Increase thou the TRUE HEARTS, and

banish all tears!

We march to the dawn of LOVE'S day!

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# The Call of the Master

(Sri V. Narayana Mallaya, Cochin, Kerala.)

It is a common practice to speak of the past and take pride in its glory. Our India is a land of sages and saints, Bhaktas and Yogis. The Lord was so pleased with us that He used to take His Avatars in our Holy Land. Our country is the fountain-head of culture and civilization and all that is good for the world at large. We possess a vast literature of the highest wisdom like the Vedas, the Upanishads, the Epics and other great works which are praised all over the world. These and many other things are true of our land and it is a matter for pride also. It should not be forgotten that when we are the heirs to such a great heritage, our duty does not cease merely by giving lip service by way of glorifying the past. We have a great responsibility to behave worthy of the heritage. India was and is a land of Saints and Sages. But what is the picture of the India of the masses? The whole of the country is full with darkness of ignorance, illiteracy and exploitation of the weak by the strong and the greedy, corruption and many other evils which does not speak good of a civilized and cultural heritage. The disparity which is felt when we see a few Godmen on the one side and a great mass of people who are the true heirs to the great heritage groping in darkness and fighting for the material existence is highly deplorable. There is a hurry in relegating the moral and spiritual values backwards in the mad rush for material happiness. The long talks of scientific and technological progress and ever so many things would lead the country nowhere if the spiritual and moral values are not awakened in the people. The building of character is of utmost importance and that could be done not by a defective educational system but by the education true to

the name based on the rich culture that India represents. Man should know the basic things regarding himself, his real nature, his true relationship with the creation and his Creator. This knowledge could be found only in the Vedanta which speaks of the oneness of creation, the immortality of the soul and the supremacy of the Lord and the way to reach Him through love and truth, surrender and contemplation. The first duty with man therefore is to come out of the darkness of ignorance, and move in the light of knowledge of God. Then only he can be of any use to himself and others. Then only he can claim a rich heritage. Many great persons had blessed this land of ours in the past and had shown the way to blessedness. They had tried to dehy-pnotise man and pointed to him the true purpose in life. The Goal of life is God-realisation. Our Gurudev has given a way of life as to how to live the moments of our life vouchsafed to us. The way to "Serve, Love, Give, Purify, Meditate, Realise". This is the immediate thing to be done. The Divine Life which Gurudev has shown us is the Chintamani and Kalpataru. It is the only panacea for all problems that face the world today which is frustrated and needs hope.

This Divine Life is to be lived here and now and this very moment. May we all join hands in the chord of love and serve one another and then claim that we are heirs of a great spiritual heritage. Let us be true to ourselves, to our Religion and to our Preceptor and serve the world with love.

Let us all take a pledge on this auspicious Birthday of His Holiness to hold fast to the path of Divine Life, love all and serve all by seeing the Lord in all.



## *An Ideal Centre for Sadhana*

*(Sri Swami Atmananda, Chittur, Cochin)*

### TWO DECADES AGO

The Grace of H.H. Sri Swami Sivananda was showered on me during my stay with him for 10 days in April 1939. For me it is really memorable as then was unconsciously laid the foundation for my book: "SRI SANKARA'S TEACHINGS in his own words". Thus it is a great privilege and a purifying act for me to record the enlightening days I spent at Ananda Kutir, then a hut-like building for him to live, a bit away from the Ganges bank and protected against the intrusion of strangers by a barbed wire fence all around at about a distance of 40 yards from the hut. A big building partitioned into six or seven rooms near the Ganges bank was the then annex to Ananda Kutir containing a kitchen at its eastern end and a few rooms for the disciples at the western end. Now the building forms a part of the kitchen and dining Hall of the Ashram.

In the course of a North Indian pilgrimage I came to Rishikesh and had a sight of Ananda Kutir and Swargashram. Sutra Bhashya of Sri Sankara in original was in my light luggage and I saw in the Ram Tirath Library adjacent to Ananda Kutir the two volumes of the English translation of Sutra Bhashya in the Sacred Books of East series. Here was evident help to my rather poor knowledge of Sanskrit then. A desire arose in my mind that I must read Sutra Bhashya in original with the aid of this translation in the most holy atmosphere I could think of. But where to stay quietly for this purpose was the problem.

Fortune favoured me. Next evening I reached Ananda Kutir at 4 p.m. the time

fixed for interviews. I placed before Swamiji my desire to stay in his holy presence in the Ashram for studying Sutra Bhashya. Then to my great joy he graciously announced that I could come even the next day and commence my studies,

### PERSONAL CARE OF SADHAKS

Swamiji, being all kindness and help, had arranged every convenience for me in the room next to the kitchen. On arrival I was shown my room with a cot to lie on and sit at the table and a lantern. Being an ideal host he had told the kitchen that being a South Indian, I was to be given rice and Sambar also. In a very reverend attitude and at the sight of holy Ganges and the sacred Himalayas, I began my study. The Swamiji supplied me with paper to take down notes.

Swamiji's love toward this child was remarkable. He used to come to my room everyday just before noon. On the first day he saw on my table the old, worn out and mushy volume of Sankara's translation. Quietly he went to his Kutir and sent me the two brand new volumes of Sankara Bhashya translation from his own Library. I felt blessed not only because the volume was more easy to handle but I thought Swamiji had sent from his inexhaustible fountain of spirituality a good draught to slay my spiritual thirst.

I never missed my Satsang with Swamiji between 4 and 5 p.m. There were also North Indian visitors often. I saw they were not strangers to the Swamiji. The influence of the Swamiji with North Indians, people from U.P., the Punjab, Sind and

Frontier Province was quite evident to me. I had a feeling that in spite of the vast Sanskrit learning in South India, it was spiritually a benighted place; a wide heart and bountiful hands were rarer there, kitchen regulations formed the most sacred portion of their Sashttras. I thought Swamiji should shed his benign influence in South India also. His tour in South India would make it recognise real spirituality. Even the learned Pundits were wrong. There should be Advaita not only in thought but also in action as well as was evident from every little act of Swamiji.

When my stay was about to close, one evening he told me that it would be good for me if I could practise some Asanas especially Sirshasan, Paschimottanasan, Sarvangasan and Matsyasan. He brought out a Kamabal from his room, spread it on the ground and himself taught me these Asanas. My days of stay at Ananda Kutir was one of sweet unalloyed joy. Swamiji's small acts of kindness and his hallowed company sweetened it all the more. As I see it, it unconsciously laid the foundation of my book. Thus it has remained ever memorable to me.

## Peace and Happiness

*(Srimati Nirmala Singh, Toungoo, Burma)*

Today when the world is suffering from wars, worries, miseries through disputes and dark clouds, a Great Saint Swami Sivananda is enlightening the world through his Divine Life Message.

Swamiji is a Saint of 20th century. His Divine Life Society is open for all without any distinction. He has written hundreds of books. I have studied some of them. He says: "We realise, the world is like an inn for the man's life is momentary. Too much materialism causes miseries. Spiritual path is the life full of peace and happiness. It leads man towards God. We know our Goal is God. So why not prepare yourself from the beginning". His teachings are so simple and any one can practise them in daily life. Since I came in contact with Sri Swamiji, I do my daily prayers and do some Yoga exercises also. I realise great progress in my life.

I remember the past days when I visited the Ashram in Rishikesh and had Darshan of the great Saint. The very thought

gives me great peace in my desperate moments. In October 1960 when I was away in India and when my husband was alone in Burma, there was decoity in our house. My husband and son escaped by the Grace of God, but I was very much worried. I had no peace in my mind. At once I remembered Swamiji and wrote a letter and related this story to him. What a nice reply I received from Gurudev. What a courage and peace we got after getting his message. Though we are far away from India, our great Saint Swami Sivananda always leads us from darkness to light, from worries to happiness.

Swamiji has many divine qualities. He is a Saint, a powerful speaker, philosopher and a Journalist. His personality attracts everybody towards him. He is a friend to everybody. The branches of the Divine Life Society are everywhere in the world, and his disciples come to study in his Ashram. I saw many foreigners there as Sannyasi students. May He live long to save the suffering humanity.



## *Sivananda's Clarion Call*

*(Sri Julius Graham, Hubbard, Ohio)*

Congratulations and the best of wishes to you, H.H. Sri Swami Sivananda, on this your 75th birthday. Indeed, the many aspirants and students of truth, far and near, who have benefited by your teachings, will greatly rejoice with you on this momentous occasion. It is through the grace of God that one is endowed with so many noble qualities. Your sense of practicality, and missionary zeal is inspiring to all men of good will.

Through your teachings many have found a better way of life, physically, mentally and spiritually. In a world seemingly gone mad in the pursuit of material gain, your teachings are like shelter in a raging storm. Men of authority, stationed in high places, would do well to heed your advice. Man, generally speaking, fails to logically consider the question: "For how would a

man be benefited, if he should gain the whole world and lose his own soul?" He is caught up in the phenomenal illusions of this world. You have sought to help man develop his inner divine qualities, which is so greatly needed in the world today.

In the methods and techniques, as expounded in your many books and periodicals, are to be found the remedy par excellence for the spiritual and material ills of mankind. Your sincere teachings and valuable, instructive advice, will not fail to have a beneficial effect upon the practitioner's life. May we all catch the spirit of your clarion call to: Serve: Love: Meditate: Realise.

God bless you, H.H. Sri Swami Sivananda, in your life and in your continued good works.

## *Messenger of God*

*(Sri Amai Yogi, Tongaat, S. Africa)*

As sure as a thirsty lamb takes to a clear, cool mountain stream, so would a divine aspirant take to the words that flow from Swami Sivanandaji's lips or pen. It is evident to all his disciples that He is the Messenger of God striving to keep alive the spiritual spark in humanity. With the careful execution of all his seasonal and well thought out instructions, his disciples could be rest assured, that they are nearing self-realisation.

It is not an easy task to turn over a new leaf but it is not impossible if one

shows sufficient enthusiasm and determination.

If one is armed with the weapons, sincerity, perseverance, determination, faithfulness, then all obstacles will crumble to make way for the aspirant.

In this critical age of ours when man is racing to his doom with the hydrogen bomb, atom bomb, jets and space rockets, it is refreshing and entertaining to hear the Call of Swami Sivananda, the Messenger of God.

## Replies to Unwritten Letters

(Sri N. Balachandram, Chunnakan, Ceylon)

Swami Sivanandaji's spiritual magnetic field extends all over the world. In 1950 Gurudev set foot in the Island of Lanka—Ceylon. The day he visited the Ramkrishna Mission in Colombo is one that I cannot forget. On that day I was drawn into His magnetic field. He came, he saw, he conquered. Neither did he annex our island nor did he plunder us. But he made us more wealthy—spiritually wealthy. It is impossible to repay this debt.

I am one of the devotees of Sri Swami Sivananda and wish to follow his footsteps. He has never failed to goad me to do spiritual Sadhana even when I have failed several times. His methods in dealing with the problems of his devotees and spiritual aspirants are many, varied and also novel. I will mention a few experiences by which I have been benefited immensely.

One day, while working in my office, I suddenly thought of Gurudev and immediately penned a letter to Swamiji requesting him for guidance. At the time of writing the letter, I did not ever think of getting a reply from him. But it came so promptly by Air Mail, with Prasad. By this one letter I changed myself, rather he changed me.

One of the instructions in the letter was that I should do 20 Malas of Japa of my Ishta Mantra. What is a Mala? What is Japa? I thought of writing back to Swamiji. That evening while returning home from office I constantly thought of Swamiji and halted at a friend's house. There I met Dr. Paripoornananda and he explained to me nicely. I felt, how fast Swamiji has replied my unwritten letter? Numerous are my unwritten letters and Swamiji's replies. God speaks to all and not to me alone. Hence I

give below some extracts from the letters I received from Gurudev:

"Do not identify yourself with the body and mind. Even while engaged in your duties, assert again and again that you are bodiless, mindless Self. Dedicate the body and mind to the Divine Will. Desire nothing. You will be blessed and blissful.

"Japa, concentration, Mantra-writing, and Gita study should not be missed on any day. Regularity in Sadhana is the secret of success. It is very indispensable. Constant repetition of the Name of God and meditation on God and His attributes will lead to the attainment of Self-realisation. Stop the mind-wandering through dispassion, discrimination and meditation."

"The uncontrolled impure mind should be attacked on all sides with every type of spiritual weapon, viz., Japa, selfless service, meditation, Mowna, fast and study. The Sadhak then becomes fit for the reception of Divine Light.

"Why no selfless service at all? Try to do as much as you can to the sick, poor and the needy."

"Faith is a great blessing to the spiritual aspirant. Faith works wonders, moves as it were even the mountains. It has to be strengthened through the study of scriptures, Satsang, and prayer to the Lord.

"Some cases of failure are noticeable in your Sadhana from the Spiritual Diary.



Put forth more efforts. Let no worldly circumstances disturb your Sadhana and peace of mind. March like a Hero. Success is bound to come."

\* \* \*

"What should be renounced is not the action, but renunciation of desires, attachment, hope of reward and egoism. May Lord bless you. Prem and Om."

Swamiji's books are real treasures for one and all. Spiritual aspirants will surely derive immense benefit and attain sure progress if they only care to carefully read

a few books and follow the teachings. Casual readers will definitely change their outlook of life and realise spiritual benefits. His books and periodicals are my constant companions and guide. While trying to put the teachings into practice, I get often confronted with doubts. To clear these doubts I need not write to Swamiji. Whenever doubts arise I think of Swamiji and the next moment or the next hour one of his books or pamphlets or letters will be there to clear the particular doubt. This is my experience. Words are inadequate to express my gratitude to the Swamiji, my Gurudev.

## *Steps to Self-Realisation*

(Sri Swami Sivananda)

1. The mind is the thief who steals the Atman. Kill it with the sword of Atma-Jnana or wisdom of the Self.

2. Knowledge alone is capable of annihilating ignorance.

3. Removal of ignorance is the only means for destroying the course of worldly life.

4. Maya is a lamp. Jiva or the individual soul is a moth that falls in the lamp and perishes.

5. The Atman is of the nature of bliss itself. It is self-luminous all-pervading, ancient and without a second.

6. The crystal appears to be red when it is placed near a red flower. Even so the Atman appears to be of the form of five sheaths because of its proximity to them.

7. The idea of the Ego or 'I' is the first superimposition on the Atman.

8. The subtle body moves the gross

body in experiencing pleasure and pain.

9. He who aspires for liberation should know Brahman.

10. Brahman is ever-full, undifferentiated, self-effulgent, self-existent and self-content.

11. God is the instrumental cause of the universe. Maya is the material cause of the Universe.

12. Attain knowledge. Retire not from the world.

13. Sit silently. Withdraw the senses from their objects. Restrain the mind. Win victory over it and centre yourself in the Atman. Get established in the Absolute.

14. Meditate thus: "I am always free. I am infinite. I am unfathomable" You will have Illumination.

15. The Sage having established himself in Brahman, freed from all impurities, liberated from Maya and its binding effects, enjoys supreme Bliss.

# A World Redeemer

(Sri Swami Sahajananda, Anantapur)

The lives of Saints and Yogis are oceans which are impossible to measure for common people. I have been a subscriber to "Divine Life" since five years. I have also got some books of Swami Sivanandaji. I read them with intense interest and devotion. I can say that the Swamiji has inculcated moral and spiritual ideas into my mind and heart. I have so far written letters about the difficulties I faced in my Sadhana for which the Swamiji was gracious enough to give me prompt and encouraging replies.

Sri Swami Sivananda is learned and wise. He has also acquired Yogic powers. Like the scents of flowers, his greatness has naturally spread far and wide. Thousands of people, Yogis, common citizens, teachers, students, doctors, lawyers, judges, engineers, ministers, Governors, artists and the like go to him for His blessings and spiritual advice. "But we cannot see a tinge of pride or ego in the Swamiji."

Though Swamiji has taken Sannyas, he has not run away to the silent caves for his personal Mukti. He accepts this world and the Infinite. He is one of the World Redeemers. He has voluntarily taken the task of

wiping off the tears of the distressed. He loves all. He serves all. His teachings are simple and practicable to one and all, who aspire to evolve. Swamiji is an embodiment of Divinity. Like the sacred Ganga, he can quench the thirst of so many spiritual aspirants, readily. His Ashram, has become a regular shelter for all people. His parental love and the way he receives the guests and visitors is beyond their expectation. Swami Sivanandaji's power of renunciation, abundant spiritual force and spontaneous love are playing miracles. Let me reproduce here some of his selected teachings:

1. Life is a pathway unto Divinity.
2. Thoughts are the seeds of your bondage.
3. A little knowledge makes you puffed up; Real knowledge makes you humble.
4. Without a firm ethical base, spirituality is a void.
5. Remember that you are only a pilgrim here.
6. In renunciation lies your salvation.
7. Fearlessness is the greatest asset of an aspirant.
8. Your daily tonic should be the recitation of the Lord's Name.

## CONTINUOUS FLOW OF BLESSINGS

Beloved Guru, our prayers for the fulfilment of our duty to you—gratitude and thanks—endless thanks for your goodness. You make impossible for us quite possible through our Sadhana. We can only lie before your feet and gratefully accept your continuous flow of blessings. I say in all humility: "Thy Will be done". Remain yet very, very long with us. We need your presence.

—Sri Hans Franke, and  
Srimati Margareta Franke,  
Germany.



## How Sivananda Wins the Heart

(Sri Ramachandra R. Chetty, Durban, South Africa)

Before my contact with my Master Swami Sivananda, my knowledge of God was vague. I was not interested in religion; if any one made an approach to me to join this or that religious Group, my reply to him was that I embrace all religions alike. There is only one God in different names and forms. To me the teachings of every religion is good.

About six years ago, I heard the greatness of Sri Swami Sivananda and his teachings. I got interested in singing Kirtans, Mantras and Prayers. I managed to get the address of Swami Sivananda and made my first contact. My Beloved Master sent me six books. After reading them, I

got answers to all my questions and my doubts were cleared. More and more books followed and Swamiji asked me to join the local Divine Life Centre. And then he gave me initiation. Gradually my actions changed, and every time I repeat the name of my Master with devotion I feel that there is peace in my mind, and also get the strength to control the mind. I cannot let a day pass without doing my prayer and meditation.

Swami Sivananda's simplicity and kindness will win the stoniest of hearts. Words only fail me to describe how he guided and helped me in my troubles. Only his devotees know his greatness.

## Oh Bhagawan

(Srimati Sivananda Umananda, Elisabeth Rieter, Switzerland)

On this occasion let us sing  
Our heartfelt thanks;  
And may thine ears ring  
With rejoicing of our hearts  
O Gurudev, be thou aware  
How we esteem the sacrifice  
Of thy whole life.  
To lovingly relieve  
By day and night  
Our plight.

Thou has forgotten  
Thy Own life, beloved One,  
Pursuing OUR happiness;  
And what was thine  
So long ago thou hast  
Discarded one by one:  
To be left richer than  
The world could make thee  
Gave it all its wealth.

Grant us protection  
Against a fall  
Into the gloom  
Of the devil's own realm.  
By grating us  
Illumination  
By Thine eyes divine

O Bhagawan, may thou  
Remain with us  
In this bewildering time  
For many years to come;  
To lead us to eternity  
As thou so long hast done.  
Pray, do accept this simple song  
As a token of our love:

O Lord, and by the light of thy own  
Make me arise in purity and splendour.

# Amazing Spiritual Hold of Swami Sivananda

## A MYSTERY TO MANY

Swami Sivananda Maharaj of Rishikesh is a personality of considerable renown and is familiarly known in all the continents. He shines as a Star of the first magnitude in the spiritual firmament. In recent times countless human beings owe their spiritual awakening to him and find their path heavenward made smoother. This is no mean achievement and deserves eulogium of the highest order.

Swamiji's disciples and admirers all over the world are fully familiar with the external events and incidents of his life and career; but the inner life that he leads the majority of his followers and disciples cannot know because of their limitations, and so Swamiji is a riddle and mystery to them.

Sri Sivanandaji cannot be easily known by us. He is a Maharshi who has attained Brahma Nirvana state. He is in tune with the Creator and His creation. The Upanishads declare that "Persons desirous of prosperity should honour such Sages and worship them for attaining Self-realisation." Such mighty ones are instructing mankind more effectively by their silence than by their speeches and writings.

—Sri R. Krishna Rao, Madras.

## WORK THROUGH WORD AND DEED

I am really thrilled to see the wonderful teachings that Swami Sivanandaji is passing on to all people through the length and breadth of this globe. The Swamiji is a living embodiment of Spirit. The Master adores all religions and advocates the essential unity of all religions and works through word and deed, for mutual under-

standing and tolerance. The Swamiji's approach to all problems is spiritual. I look upon the Master as a Divine Light and I fall at the Master's Lotus Feet for the gain of his love.

—Sri Kisten, Durban.

## HELP THROUGH SILENCE

The spiritual fame of Sri Swami Sivananda is growing. I had the privilege to be blessed by his dear inspiring words. His genuine blessed expression of Love and Wisdom gave me insight and a burning desire to serve mankind. I felt his loving hand during my critical times in Europe, and have always been encouraged by him. More than words I felt his help through his silence and felt his loving understanding. The Truth he expresses is simple and clear. The most precious and very rare is his personal living example, which removes the veil and enables man to realize the necessity of having consciousness of ONENESS—the very principles of Advaita Philosophy.

—Nicolai Sheierman-Demidow, Germany.

## A GREAT PHILANTHROPIST

Swami Sivananda has inspired my outlook in life. Although I am separated from him physically for thousands of miles, his inspiring words and divine personality have put him very close to my heart. Although I am acquainted with Swamiji for several years before he settled his Ashram in Rishikesh, I have known him to be a philanthropist and a great healer of diseases which all human beings are heir to. He literally fulfils the maxim: Paropakarakartham idam sariram. A visit to Ananda Kutir at Siva-



nandanagar gave me a new outlook in life. The facilities for Satstang and Bhajan are the two bulwarks to enlighten any human being. The journals leave a permanent record for any aspirant to lead a divine life.

—*Sri K.V. Parameswara Iyer, Singapore.*

### THE CREST OF PERFECTION

Sri Swami Sivananda is in the crest of perfection. The goal of human existence is to become perfect, to free from our lower nature, mind and the senses, and uniting ourselves with our true Divine nature. Without Divine Grace none of us can become perfect. Divine grace can only be got by the guidance of a perfected Spiritual Guru.

Join the Divine Life Society and get the spiritual guidance of Gurudev. This is a great asset to one, who wants to become pure in life and perfect. His works are easy to understand. He lives but for all others' blessedness and perfection. Make hay while the sun is shining.

—*Sri M.K. Subramanyam, Malaya.*

### THE GREATNESS OF GURU

Build not your house on sand, neither seek your authority among men. Of the Guru, Lord Krishna says:

'Nay and nowhere shall ye find  
Any man of all mankind  
Doing dearer deed for Me;  
Nor shall any dearer be  
In my earth. ....'

Be most dear to those who are dear to the Lord. Love, obey, serve them. Be most dear to them, and you will be dear to the Lord.

Man can turn away from sin only when he weeps over his separation from God. Man can turn Godward only when he finds a realized soul to light his path. Victory to such luminous Ones! Victory to Sri Gurudev Sivananda! My adoration and love unto

him. May I be worthy of his love, guidance and trust."

—*Sri Tom Daneli, Los Angeles*

### THE ANGEL IN HUMAN FORM

My Dearest Guru Sivanandaji,

Thou art an Angel disguised in human form. I have only to move my hand and dip my pen; with it to scratch just a line or two, lo! my wish comes true.

To-day my neck adorns itself graciously for the first time the mark of a Yogi—the sacred and the lovely Mala beads from Guruji. The Mala is more precious than any gem. Now I feel more secured as the Master will watch over my troubles and thoughts and see me through. My eyes are happy with tears. How must I thank you for your ever attentiveness, considerateness and kindness towards me, my Father. I am simply speechless and am too overwhelmed to say anything more. Lastly I only hope, may all disciples of Guru Sivanandaji be the beads woven in one red string of Love and Understanding. And when the problems must be met, may Guruji give the capacity and power to solve all problems. Gurudev Dear may you receive abundantly life's choicest blessings is my wish.

—*Sri Eddie Boon, Indonesia.*

### MASTER'S DYNAMIC WORKS

On arrival at the Ashram, I found the atmosphere completely changed from the outside world. One feels the serenity of peace and vibration of the Master's spiritual powers. Words fail me to express my experience adequately. Guru and disciples alone can understand the experience.

Swamiji as I see him, His personality is radiant, He is God incarnated. He is guiding the destiny of humanity today. He is bringing the ancient teachings of

the Vedas to the world in the most practical manner. One can find the ultimate goal in whichever manner or to whatever religion one belongs.

What is so extraordinary is His remarkable sense of humour and freshness of His attitude towards the events of the world, He lives in, and through His teachings he illuminates and illustrates. Gurudev has already guided many thousands of aspirants in the field of Yoga.

It has been a magnificent contribution to the world. If only one visits the Ashram at Rishikesh and sees the numerous letters pouring into the office daily from every part of the Globe, then and then only one *will* understand the tremendous work turned out by His Holiness for the uplift of the world. Swamiji has sought to give an accurate teaching of the Yoga to appeal to the East and West.

—Sri Swami Premananda, Durban.

## My Staff Divine

(Srimati Mabel Felix, Ottawa, Canada)

People long for a Guru, who will with a look or a word bring them to Self-realisation, with no effort on their part. Swami Sivananda says to his disciples: "Serve. Love. Give. Purify. Meditate. Realize." If we strive to carry out these instructions, we have the essence of his teachings. His many books, so full of Divine wisdom, are a constant Spiritual tonic, a solace and inspiration to all who read them with Bhav.

My first contact with Swami Sivananda was in May 1958, and came in answer to my prayers. Although I did not realize it, I had been preparing for it, for a year. I had sustained a severe back injury on board ship, while returning from England. The condition was worsened. I spent eight months in hospital, and nearly three years flat on my back on a fracture board. Many doctors were called in, in consultation, including four of the most noted specialists from Ottawa and Montreal. Many months were spent in learning to walk, I was in a semi-crippled condition. The Specialists held out no hope of further improvement. My general health and morale had been impaired by massive doses of codein and sedatives. Spiritual thoughts left me, I could

think of nothing but the constant pain, all I longed for was death. It was truly the dark of the soul. At last aroused myself, I chanted Om silently for hours and prayed to MY LORD for help. I regained the full use of my arm, I could walk without limping. The intense pain continued, but I was so much improved at the end of a year's prayer and effort, my thoughts turned to things of the Spirit. I had dug the well, the healing spiritual waters that flow from Rishikesh, were able to reach me. It was towards the end of a course of my Sadhana that I had my second experience, during meditation, I felt the actual presence of the Master. I found myself repeating the name of Sivananda, with adoration. I knew then that I had come home, I had found my Staff Divine. A staff which would not fail me but would uphold and uplift me spurring me on the path of Self-Realization.

If God wills it so, how happy I should be to sit at the feet of the Master. I know that he could smooth the path for my faltering feet. He works in my life, even though I am separated from him by so many thousands of miles. I have felt His presence on many occasions. The world has great need of Swami Sivananda.



## I See My Master Clearly

(Sri Hildegard Bittner, Vienna, Austria)

Again I am allowed to experience the truth of the words of the Master in his book, *Kundalini Yoga*: "The perfect ones are always willing to help the disciple and always they are seeking him!" A prototype is unattainable with the Master's method of service, love and realization.

Swami Sivananda is a shining example of wisdom, love, goodness, mercy and renunciation. He brought to perfection sense of duty, consciousness, responsibility and spiritual modesty. The perfection of these wonderful qualities of Gurudev enabled me to learn by correspondence with Master and realize spiritual experiences.

It required great attention and repeated study of his unique letters, till I was able to perceive how Guruji solved my problems. He gently and positively led me away from unimportant and trifling things.

I have love, frankness and devotion to our Master and this enables me to recognize His blessings, gradually and successively. In all moments of dangers, Master never leaves us in the lurch and constantly watches over us. I have perceived wonderful help through His Voice. I felt His Presence, heard His Voice and saw Him clearly. The Master is very close to me and gives me power and consolation.

## A Treasure to My Life

(Srimati Revati Lakshman Singh, Trinidad, B.W.I.)

The soul-stirring and spiritual teachings of Sri Swami Sivananda has been a great inspiration to my life and I have been greatly impressed by his teachings. And must say I was really fortunate to receive the very valuable guidance from the realized Soul.

I have at present a copy of Japa Yoga which has been of immense value to me. Words are beyond expression to say how much I am delighted to possess such a treasure to my life, this book has given to me all that I needed, spiritual strength, courage and faith and above all devotion to the Lord.

Each day I greatly enjoy doing a long series of spiritual routine such as Prana-

yama, Asans and meditation. In my prayer room I conduct regular Pooja and also enjoy the elevating Mantras that I have learnt from this wonderful book. The Divine Life Magazine has also been a source of great joy to my cherished moments—these moments that bring more and more inspiration to my life.

I am hoping for the day when I shall cast my eyes on my Beloved Guru, from whom I have received my portion of Spiritual Treasure and to receive from him his personal blessings and to enjoy his Divine Companionship. May the blessings of the Infinite be upon this celestial sage of Ananda Kutir, who has transformed not only my life, but the lives of thousands of spiritual seekers through his guidance.

## Rare Experiences In Sadhana

(Sri Sivananda Jayantilal, Nairobi, East Africa)

I first came into contact with Swamiji Sivananda in 1957. His writings are so vivid, so alive, so soul-inspiring that we immediately feel that we are safe in HIS care. I have never come across with such writings and it is, therefore, that by now I am in proud possession of some one hundred books written by Swamiji. I never read any other book since I came in his contact. My outlook of life has since been changed. I am altogether a different man now! When I am insulted, it is Swamiji who says: "Bear insult and injury." Immediately my anger is no more. It is only after his Holy contact, that I pray before the Lord with folded hands, without any reservation. I like Sat-sang. I am drowned in spiritual atmosphere. I am indifferent to the world outside. I can enjoy the nectar by diving deep into the core of my heart. I am lost in silence. I like to feed the poor and hungry. I like to give, because it is the secret of abundance. I respect Bhaktas, Brahmins, Mahatmas and all aged persons. I fast on Ekadasi. I pray regularly with my family members at night. I conduct Satsang. I try to seize every opportunity to serve humanity, since Swamiji says that it is "a blessing from the

Lord." This is all due to Swamiji's Grace. He is a Fountain of mercy and joy. When we want peace, satisfaction, we should look to the reservoir—Swami Sivanandaji. He is the source of joy, source of satisfaction, fountain source of Sat-chit-ananda.

When we think of Swamiji, immediately all our worries are gone. There is all joy and no worry. There is all pleasure and no pain. There is a limitless existence and our small "I"-ness and "mine"-ness are annihilated. Contact Swami Sivananda either in person or through pen. His mercy flows like Ganga from the Himalayas to wipe out all the human dirt throughout the world.

In this Kaliyuga, Swamiji is specially gracious to the devotees. Switch on, the darkness disappears. Remember Swami Sivananda in the heart, and all your ignorance is no more. I am thrilled with his mighty presence, so vivid, so alive, so near and dear, in my heart. Bharat Mata has produced Gems—spiritual Heroes, but the magnificent Caravan of these "Avatars" would have been incomplete without my Swami Sivananda.

### SIVANANDA'S HELP TO SADHAKS:

Sri Swami Sivananda has the Yoga of Synthesis as the only ladder. You will climb rung after rung with His helping hand. If you are unwell, He has the General Hospital. He has the Annakshetra to feed you. There you have Ayurvedic Tonics to revive you. He looks after the Ashramites with utmost care. He lives on the banks of the Holy Ganga to redeem you of your sins. He will give you health and long life, peace and wisdom. He will teach you to become one with the Lord. Go to Him in numbers. Sarvam Sivanandamayam Jegat.

—Sri A.P. Padmanabhan,  
Colombo.



## *Sri Swami Sivananda's Service to the Sick*

### FOR THE UNHAPPY

Sri Swami Sivananda's teachings and guidance have given us the strength to develop our minds and help us whenever we are not sure of ourselves. Swamiji's books are worth reading. The stories are fascinating. His Holiness always helps us when we are unhappy. I write regularly to Swamiji and our brothers and sisters in the Divine Life Centre in South Africa are learning tremendously and more people join the Centre. I have been very ill myself with severe pain. It was a terrific experience. I prayed and thought of Gurudev. Suddenly the pain disappeared. All devotees in South Africa are greatly indebted to Sri Swami Sivanandaji.

—*Sri Logie Naidoo,*  
*Zululand, (S. Africa)*

### MY GUIDING STAR

Sri Swami Sivananda's Light shines in our hearts, especially on those who are sick in body, mind and soul. He leads the wandering flock unto the Light. It was like a miracle—Swamiji saved us when we were in troubles and turmoil. May His love and immortal guidance be always my guiding Star and Saviour.

—*Srimati Champathie Devi,*  
*Durban.*

### SPIRITUAL HEALING

I am glad to say that ever since I came in contact with Sri Swami Sivananda and followed his teachings, I feel that I am being cured of my illness. Previously I was bedridden, but now I feel as if I have a new life in me. I move about now more frequently. I feel a vast improvement in my health. Previously even medical doc-

tors failed to put me right but since I began to believe in the spiritual healing of Swami Sivananda, I feel I am completely cured.

—*Sri M.N. Naidoo,*  
*Durban.*

### SAVED MY LIFE

Last October I suffered from a growing tumor and felt quite depressed and hopeless. Through friends of mine, Mr. and Mrs. Lim Kien Soey who taught me Yoga Asanas, I got the idea to write to Sri Swami Sivananda. With an intense faith that permeated my whole being, I wrote to the great Teacher. His blessing came promptly.

I felt the tumor getting smaller and smaller in my body. I was completely cured without having undergone an operation. I owe the Swamiji my life-long gratitude. He saved my life. He has helped thousands.

—*Srimati Gan Lien Nio,*  
*Indonesia.*

### A HAPPY HOME

I received your welcome letter. The day I contacted you, my Gurudev, we are really having a wonderful time, and the Prayer service is improving my sister who suffered from evil spirits and she is improving very fast.

My sister who suffered for years from evil spirits has only been cured by your Holiness. All your instructions have been carried out very well. Today she is normal. How happy we are! We must thank you, our Master, for your prayer which did so much good for my sister. We pray, "Long live, our Master, Sivananda."

—*Sri M. Chinswamy Pillay,*  
*Phoenix, (South Africa)*

## ONLY SAGES CAN SAVE THE WORLD

By the Grace of His Holiness the beloved Guru Swami Sivanandaji, the living God, my Gurudev and my Saviour, the health of all the members of my family is improving. Swamiji, your great teachings of oneness of all religions will be apprecia-

ted and practised by the millions in this world. It is only sages like you who can put some sense into our minds of the warring type, to think more sanely in terms of love and loyalty to mankind.

—Sri B.K.A. Naidoo,  
Durban, (South Africa).

## Miracles Through Blessings

(Sri G.B. Chandwaney, Bhopal)

It was really a golden day for me when in May, 60, I received a Holy Message and call from our Holy Gurudev Swami Sivanandaji Maharaj. Prior to this, I was absolutely in a confused state of mind and quite unable to surmount the ever-increasing problems of this materialistic world and too ignorant about spiritualism. But all the while I, from the bottom of my heart, did cherish the idea of having an able Master to guide me through this distorted life, just to elevate my spiritual standard and quench my thirst for real peace. Through perseverance, and taking pains in this direction, I, after all, came out successful in attaining my goal, all by the Grace of Almighty God acting through Swamiji.

I lost no time in approaching the Quarters for copies of Holy Literature produced by Swamiji. After studying them with great interest, I find every word in them valuable, immortal and worth imbibing, if one wants to rise above this perishable world and attain Self-realisation. This Literature constitutes a sacred Treasure for

me and would serve as a guiding factor throughout my life.

The miraculous effects of Swamiji's blessings and teachings are visible in my routine busy life, either private or official. Any problem I come face to face anywhere, gets dissolved automatically without any exertion from my side, as soon as I remember my beloved Swamiji. To cite one concrete example, it would suffice to say that a few months back, I was confronted with great financial difficulties and was totally in a bewildered state of mind. At that very moment, I received hearty blessings from my Holy Guru with the result that I was paid a handsome amount as arrears of pay by my office, which simply enabled me to square up all my domestic problems in no time.

In conclusion, I can only say that it is next to impossible to find out a parallel to Swamiji on this earth. Swamiji is really a Holy Messenger of God who has been delegated miraculous and superhuman powers and deputed to this world for guiding the entire humanity in the right direction through his spiritual teachings.



## *A Huge Spiritual Magnet*

(Sri Swami Lalitananda, Lebanon)

I wish to say the most outstanding impressions I have formed of His Holiness Sri Swami Sivanandaji during my second visit to the Ashram.

Sri Swami Sivananda is a huge Spiritual Magnet, drawing all seekers after Truth from all parts of the world. He has the power to change the heart of the vicious people and make them Divine. By mere Darshan, our old Vasanas and Samskaras are destroyed. He fills us up with his beautiful Divine vibrations. We are bound to feel an indescribable inner peace and happiness and march with sure steps towards Self-realisation. Once awakened, we will not rest until we reach the highest steps of Yoga. He helps us in every way, at every moment. If the devotees are far

away, he appears before them mysteriously. His one aim is to help the world untiringly. We should all realise how much sacrifice Gurudev is making for our uplift. Instead of living in a solitary Himalayan cave for his own Joy and Bliss in Samadhi, he is working dynamic day and night for the uplift of humanity at large. We all should do Sadhana, Japa and meditation individually everyday and in group also.

The Ashram is a Divine Institution where hundreds of aspirants are trained in practical Vedanta and Yoga. There is the Yoga Museum and a Library to help the aspirants in every way. The common kitchen provides food to the taste of the students. The visitors are welcomed by Gurudev who is eager to serve all nicely.

## *The Charm in Sivananda's Personality*

(Sri K. Sivapragasam, Kuala Lumpur, Malaya)

Though I had not had the pleasure of meeting Sri Swami Sivanandaji, I have read many of his valuable books, articles and speeches. Those who had come in contact with him speak of his great personality, fiery patriotism, phenomenal knowledge and his gifted oratory with the charm of his magnetic personality completely conquering the enthusiastic and devoted hearts.

In the spiritual land of Bharata, we have all along been familiar with Rishis who retired into the recesses of forests and hills to spend their days in meditation and seek enlightenment, keeping themselves aloof from the eddies of civilization. We have had Rishis who worked hard and struggled without either attachment or gain-

but living in the world and not of it. In the tradition of these great Yogins comes His Holiness Swami Sivananda.

His early life as a Doctor, suffering with sufferers, enriching the poor not only materially but spiritually, and his selfless and devoted services among the poor and down-trodden had prepared the way towards his greater ideals in working for the whole of human race, suffering with them and bringing to them the peace and happiness in this world torn by many 'isms'.

The unique position he holds in this world is his approach to world problems as a spiritualist not by writing and speaking but by living according to his precepts.

## Epistles That Transform

### PATH TO GOD-REALIZATION

Our first contact with Swamiji's work was with the Divine Life Society in Durban. After my parents' visit to Swamiji's Ashram, we were further inspired by the films they showed us of Swamiji and the Ashram. Swamiji's great work is reflected in the Divine Life Society groups of South Africa. More and more people are awakened spiritually and one can see the devotion, sincerity and selfless spirit in them. Swamiji shows us the path to God-realization and to experiences with the supreme Being. We have treasured all Swamiji's letters. The messages are inspiring and loving. Here are some extracts:-

"I shall pray for the welfare of you all. I am ever by the side of you all. I rejoice to find that your pious dreams and prayers are materialised. May your centre shine as a luminous lamp of Divine Life."

Who can fail to see the love vibrations Swamiji is sending to guide us all? With Swamiji at our side, we have nothing to fear.

—*Sri Chandrapragash and Devaji,  
Liverpool, (England).*

### NEW SPIRITUAL IMPULSE

Since I came in contact with His Holiness my whole aspect of life changed and I became wide awoken for this new teaching. It was just at a time when things became complicated and dangerous for me, Swami Sivananda's kind letters and instructions, so extraordinarily clear and practical were my help. It was a daily joy to follow his inspiring teachings. Currents of warmth and uplift came helpful in difficult circumstances.

Swami Sivananda's noble endeavour to give mankind understanding and new spiritual impulse for tolerance, inner development and real love is the greatest work for our unfortunate Planet at present.

—*Sri Sivananda-Elisabeth-Geiger,  
Mainz, Germany.*

### LETTERS SOLVE ALL PROBLEMS

As a Hindu, born and bred in strictly Hindu surroundings, the sacred teachings of Hinduism meant quite a lot to me, but truly, there seems to have been, in my personal experience, quite a great deal of doubts and misgivings, as to what really and truly constitutes Hinduism.

My sister Chandraleka would constantly bring Swamiji's books from Sri W.R. Puddicombe and I would go through them carefully. Later I wrote to Swamiji and sought His advice on many personal problems. His replies always brought tremendous relief to me. In addition, He sent me his books for my study.

More and more I continue my studies of Swamiji's works, my outlook and knowledge expand. I am even quite surprised at the stride I am making. I have a better grasp as to what is real Hinduism, what is Divinity, what are the sacred teachings of Bharat Desh. I am happy contented, healthy and I feel the Divine Presence everywhere.

—*Srimati Nirmala Misir,  
British Guiana.*

### SURE WAY TO GOD

My heartfelt reverence to our elevated Master, the Apostle of Universal Love and Peace. Sri Swami Sivananda has shown me the sure way to God, the Almighty Creator of universe, and to Jesus Christ again. The



universal reformation of spirit and of universal faith in God are demonstrated to the world by the Divine Mission. The men everywhere in the world can only be inspired through the belief in God, and through the spirit of charity, compassion and tolerance.

—*Sri Franz Antoni,  
Frankfurt, Germany.*

## PEACE AND HAPPINESS

I came in contact with the spiritual personality and teachings of His Holiness Sri Swami Sivananda.

I wrote to Rishikesh and asked Swamiji for taking me under his guidance. You can imagine how happy I was, when I received the first letter just on the day before my birthday last year. I think it was the great Grace of God, to lead me to His Holiness. It will be a strong stony way, but now I feel happy and peaceful. And I pray to God, that more and more people may find and follow the path of Swami Sivananda.

—*Sri Karla Lettow,  
West Germany.*

## HOW I CAME TO GURUDEV

When I first came to Mombasa with my parents, my aunt came to visit us and she began to talk about Sri Swami Sivananda and Rishikesh and also explained to me about the Divine Life Society.

I was very much interested and touched with the teachings of Sri Swami Sivanandaji. On the following day my aunt took me to attend a Divine Life Society meeting in Mombasa. People sang inspiring songs. Two Swamijis from Rishikesh visited and joined the function. They gave speeches and did Bhajans. The Swamis came to our house also. We all enjoyed their company.

Then I became a member of the Divine Life Society and derived spiritual benefit from Sri Swami Sivanandaji.

—*Sri Kumari Chandra  
Mombasa, East Africa.*

## CROSS THE OCEAN OF SAMBARA

I came in contact with Sri Swami Sivanandaji, I notice tremendous changes in me. Due to Gurudev's blessings and guidance, I find spiritual progress in me and I have established a Branch of the Divine Life Society at my place. Swamiji came to this universe with a Divine Mission, to fulfil the Lord's work to mankind, to awaken mankind from their lower nature to Divinity. In this iron age we have Saint Sivananda seated at the foot of the Himalayas on the banks of the Holy Ganga. Swamiji is sending the pure Jnana Ganga throughout the world. He shows the way how one could cross the ocean of Samsara.

—*Sri Venkates Chin Naidoo,  
Illovo, South Africa.*

## THE DIVINE ABODE

Over three weeks passed away since I had to leave my beloved Rishikesh. It was not easy to return into the hectic and bustle life of Europe.

To you, Venerable Gurudev, I would like to thank very specially for your rich blessings, your unceasing love and kindness and all the happiness I have experienced in this Divine Abode, Sivanandanagar. My visit to India was an extraordinary experience for me and I shall always feel homesick after this deeply loved country. How clearly I am seeing you before me, ever full of joy, happy, giving and giving. We are happy to hear your Kirtans and lectures on

the Tape-recorder. Let me lay at your feet, dearest Swamiji.

—Sri M. Sonderegger,  
Switzerland.

### MY CONTACT WITH SIVANANDA

I was first given a copy of the "Divine Life" by a member of "Shanti-Sadan", London, when we had been talking of medicines. At that time my wife's health was

suffering from diabetes. So I wrote to Sri Swami Sivananda.

I had a very nice letter from His Holiness together with some literature and since then I am in close contact with the Swamiji. The teachings of Blessed Sri Sivananda and of our Guru Sri Bodaranya are very similar and I look forward to the Divine Life and its teachings.

—Sri Norman Mcombee,  
Yorkshire, England.

## Sparks from the Fire of Wisdom

(Sri Swami Sivananda)

1. Kindness turns away anger.
2. Good manners make a man.
3. Live to learn and learn to live.
4. Purity is Power.
5. Truth is Beauty. Beauty is Truth.
6. Live in deeds, not in years.
7. Discipline is the rock that bears a man.
8. Compassion is the true badge of spirituality.
9. Live well. Lead the life Divine.
10. Friendship excels kinship.
11. Self-confidence is the first secret of success.
12. Laugh and the whole world laughs with you. Weep and you weep alone.
13. Conscience is the voice of God.
14. It is the heart which makes one rich.
15. Of two evils, choose neither.
16. Be an artist in the workshop of life.
17. Do some good action everyday.
18. Cosmic love is a jewel.
19. Fear of God is the beginning of wisdom.
20. He prays best who loves best all beings.
21. Compassion is the jewel of human life.
22. Of all treasures, wisdom of Atman or Atma Jnana is the most precious.
23. He who has no I-ness is a Saint.
24. True love seeks no return.
25. It is never too late to learn.



## *Realise God in Your Own Religion*

*(Sri Gisela Schwark, Germany)*

Sri N.W. Saraf, the leader of the "Sivananda Yoga Institute" in Hamburg, brought me gradually in contact with the words of Sivananda, always knowing quite well when my mind was ready to receive more of his divine teachings. I recognised the magnetic, powerful personality of H.H. Sri Swami Sivananda. After Sivananda's teachings thus had touched the core of my heart, and after he had appeared before me in many a dream, I felt the deep wish to write to this God-man and ask for guidance. A fortnight later I received the first letter in which he accepted me as a disciple. From this day on, I received many letters and each word radiates the perfect love which he

feels towards every creature. With divine love he guides each step I am doing in the spiritual path. He radiates the love, which he received from the communion with God, to all without exception. He does not stand for Hinduism but for Religion in general. He says: "Realize God in your own Religion."

The Lord says in the Bhagavad Gita that whenever there is decay of righteousness, He manifests Himself in every age. For me His Holiness Sri Swami Sivananda is the Lord, who manifested Himself in this age, where unrighteousness seems to prevail.

## *Letters Dispel All Doubts*

*(Sri Lionel Minter, "Sri Gopal", Johannesburg, South Africa)*

Aspirants of Yoga who are sincere and in whose hearts burn a desire to become one with God, will find the help of a Guru as the passport to success.

Bhagavad Gita opens with Duryodhana as the embodiment of evil, fraught with misgivings on the eve of battle, approaches the Acharya—the Teacher—for guidance.

This is a significant fact and may we not draw conclusions from the Vedas that whatever be their faults, ingrained in man is the leaning towards a Teacher, Guide, Guru.

The gateway to heaven is only possible through the guidance of a Guru. A Teacher, a Master, a Guru can extend that steadying hand when we stumble, can lighten that burden when the road is steep and rocky, can

enlighten the way when darkness shrouds our vision.

Western man says how can we worship another apparent mortal however enlightened? But what are we worshipping—the form, the beautiful countenance, or the ochre robe? No, we worship the Truth, Love, Purity—that particular manifestation of God.

Did His disciples really worship Christ the man? Surely they worshipped, followed and dedicated their lives to the Truth which Christ symbolised. Christ was their Guru.

Dear aspirant, if you still feel this devotion and dedication to a Guru unnecessary then write but one letter to Sri Swami Sivananda. The force of his loving reply will dispel all your doubts.

## Unfailing Resources of Miraculous Powers

(Sri Kwee Tik Swan, East Java, Indonesia)

Once I was suffering from arthritis for more than a year. During the illness I felt as if I were a living corpse, unable to move my swollen limbs. Helpless and useless I was a nuisance to one and all at home, particularly to my devoted wife who was inexhaustibly nursing me night and day. I still well remember how despicably I loathed my maimed body. The doctors betrayed reluctance to promise me any hope of recovery. In fact some of them predicted behind my back that I should remain an invalid for life. A few relatives secretly whispered to my wife a painful suggestion that she had better prepare a coffin for her husband who might at any moment dip below the horizon. Gentle and well-meant as the whisper was, the suggestion itself was the last straw that might break a woman's heart who was catching at a straw. Indeed there were times when the pain could be so excruciating that I wished I had been dead right then and there.

After about a year of agony, one lonely night I poured all my heart in prayer as I have never done before. Silently but desperately I shed all the tears in my eyes throughout the stillness of the unforgettable night, pleading to God to make me whole or to let me die. Strange enough, after hours of tearful prayer, I felt an inward peace at the approach of dawn, the peace similar to a quiet morn after the previous night's lightnings and thunders, rain and storm.

A day or two later my prayer was concretely answered. Gurujī's books came pouring on my lap. They proved to be a boon from the Lord. From the books I learnt the art of systematic breathing, of physical and mental relaxation, the techni-

que of stilling the mind, of accumulating life-force and conserving energy. Thus I began to cultivate the faith of the unfailing resources of the Inner Power. Lo! the results of my healing experiments on Gurujī's prescriptive suggestions were incredibly astonishing. Within two short months my deep-rooted arthritis was disappearing like mists before the morning sun. Thus the seed of love began sprouting up on the fertile soil of my grateful heart, love for Guru Maharaj, Swami Sivananda!

A year later (1953) I availed myself of the Asana and Pranayama Course given by one of Gurujī's young and promising disciples, Swami Vishnudevananda, sent from India to Indonesia for the Mission of his Master. Since then I had been practising his lessons. In the meantime I was getting more and more interested in Gurujī's teachings. Now I am even healthier than before my illness. In fact I feel (allow me to say without the least immodesty on my part) as if I were born anew, reincarnated, as it were, in a new body, inspired with a new spirit, assuming a new attitude towards life and looking at the world around from an entirely new angle, in spite of the fact that I am still conscious of my old shortcomings and imperfections.

Gurujī's teaching is ever concise, but comprehensive and crystal-clear and full of loving thought and wisdom. His poetry could be melodiously soothing and consoling and full of devotional adoration to His Lord and Master. But it could also be stirring and spurring souls and full of awe and power. His exercises and techniques, physical as well as spiritual, are as practical as they are effective. His personal letters have al-



ways been a manna, a living word, a spiritual refreshment, "the bread which Jehovah hath given to us to eat in the wilderness and the taste of it is like wafers made with honey" (Exodus XVI-31).

By studying Guruji's lessons and applying myself to what Guruji has so simply and clearly pointed out, I have learnt to enjoy the benefit of a balanced life between serving, loving and giving on one side, and purification, meditation and realisation on the other. I have come to realise the omnipresence of God and the perfection of His Law. I begin to feel peace and calmness of mind. I am enjoying myself even in my sleep because of the frequent dreams of divine beings, known and unknown to me, though they may be mere dreams. Indeed, I am basking in the invisible ways of Guruji's untold blessings that continue to lead me on from darkness to light, from death to life everlasting.

For being cured of my arthritis and deprived of my aching bones, and in its stead bestowed with a healthy body and renewed spirit, blessed with overwhelming flashes of spiritual illumination and secret development of inner self—all because of Guruji's uplifting and enlightening words of life, of light and love, words that have brought miracles during the most critical chapter of my life, for all this shower of blessings, not to mention the invisible help and telepathic vibrations that Guruji has been rendering me and still is, I am eternally grateful to Guruji and thankful to

God. "In the beginning was the Word, and the Word was with God, and the Word was God" (John I—1.)

Out of gratitude I have been trying in my own modest and insignificant way to share among my comrades the little benefit and personal experience that I have gained from Guruji's teachings. The result was that in the course of time a Branch of the Divine Life Society was officially established in my hometown. Gratifying, indeed, has been my secret complacency to have noticed that a remarkable change has dawned on the lives of some of my friends and associates. The change was due partially to Guruji's "Godly Word" that has been enthusiastically imbibed by those thirsty souls in a way like drops of cooling water dripping on the scorching sands of Sahara and partly due to Guruji's thought-vibrations that are being tangibly felt by His earnest disciples regardless of distance all over the world like caressing breeze in an open field at the peep of dawn.

The world is certainly blessed—immeasurably blessed—to have in our midst a spiritual giant and guide such as blessing personified by Guru Maharaj, Swami Sivananda.

Long live our seventy-five-year-old Guruji for the blessing and benediction of humanity in their struggle to free themselves from ignorance and misery and in their yearning for light, for life eternal and bliss without end!

#### SWAMI SIVANANDA'S WORKS ARE AVAILABLE FROM:

1. The Sivananda Publication League, Sivanandanagar Post.
2. Messrs. Higginbothams, Booksellers and Publishers, Madras.
3. Sri Baburao Patel, *Filmindia*, Feroze Shah Mehta Road, Fort, Bombay.
4. Messrs Luzac & Co. Ltd., 46 Great Russell Street, London W 11.
5. Messrs Web & Co., 146 Morion Street, St. Boniface, Canada.
6. *The New Age Interpreter*, 1244 Cerro Gordo St., Los Angeles 26, USA.

# How I Came to Know Swami Sivananda

(Dr. Sri P.K. Chatterjee, London)

## A DEVOTED GERMAN SERGEANT

In the year 1941 during the Second World War we were unfortunately taken prisoners by the German Army at Tobruk. While we were going through the desert towards Sisley we were escorted by a German Sergeant. His name was something like Herr Ulrich. I was surprised when he spoke in good English. He was very polite in his behaviour and was remarkably kind in his dealings with us. I was surprised how he knew about the custom of Hindus and Moslems and I got a shock when I heard him speaking in Hindi. With my amazement I asked him: "Where have you learnt Hindi?" "For eleven years I have worked in India as an architect," was the reply. When we heard him speaking Hindi, a glow of smile appeared on every face. He said again in Hindi: "I know Hindu and Moslim religions very well. Personally I am a vegetarian and I do Yoga exercises. India is a land of saints and sages. I like Indian saints very much. Do you know Swami Sivananda?" he asked me. And before I could say 'no,' he, like a flash, pulled out a small picture from his pocket and said: "Look, this is Swami Sivananda". All our eyes were fixed on that small picture. It showed a man with broad shoulders, big forehead, with sparkling personality, radiating friendliness, goodwill and an angelic appearance. The German Sergeant said: "This Rishi lives at Rishikesh". I was fascinated to see this glorious picture, and stunned to see the admiration and adoration the German Sergeant had for the Rishi. He spoke many things about Sivananda, and the more he spoke, the more my desire grew to personally pay my respect to this Maha

Rishi. I resolved to go to Rishikesh on my return to my homeland. This is how I first came to know about Swami Sivananda.

## SIVANANDA'S DIVINE CURE

In 1954, I led an Indian Cultural Performance Team, organised by the Asian Cultural Society. We were sent to Australia to illustrate the Indian life, Culture and tradition through the cultural understanding of folklore and dancing and to bring the friendship of Indian people a little bit nearer to the people of Australia. On our arrival we were given a warm reception by General Cariappa, who was then High Commissioner for India in Australia. There to my surprise I met a young Australian by name Mr. Jung who originally was a German by nationality, and Miss Maud Wilson, -and both of them were great devotees of Swami Sivananda. They introduced me to many more people who were great admirers of Swami Sivananda. I was extremely pleased to meet these people. During my stay in Australia I fell seriously ill with my eye trouble. Miss Wilson came to see me and she told me: "Dr. Chatterjee, I have brought a cure for your eyes. This is a Divine Cure and has nothing to do with medicine." While saying this, she took out a piece of paper from her handbag on which was written the Mantra: 'Om Trayambakam....', and she presented me a book written by Swami Sivananda. She said: "If you chant the Mantra, your eye trouble will be over within three days", which I did with full faith. And to my amazement I was cured. I told this incident to General Cariappa and on the Eve of Rabindranath Tagore Anniversary he made me to narrate this Divine



Cure incident to the packed house of the Australian audience.

After we left Australia we visited all European countries and whichever country I have visited I found devotees and admirers of Swami Sivananda. In Germany the Swamiji is known by many people and much more than in any other country. My eagerness of meeting this great Saint grew more and more and in October 1958 I wrote a letter to Swami Sivanandaji expressing my desire to visit his Ashram. My heart was filled with joy and happiness when a few days later I got a personal letter from Swamiji with his cordial greetings.

### THE GRAND INITIATION

I reached the Ashram in December 1958 at about 9 o'clock in the morning. The Secretary of the Ashram received me very warmly, gave me breakfast, offered me a room and I waited very patiently for the big moment of Swamiji's Darshan. How to express the charm of the Ashram. It was really a Heaven with the beauty of the sparkling holy Ganges, towered by the

mightily Himalayas. A symphony of peace and harmony which can only be seen in nature, reigned there. At 11 o'clock I was told to reach Swamiji's Kutir. My heart was throbbing with joy when I came in front of the Kutir. I met His Holiness in saffron-tinged cloth. With the Holy Ganges at His Feet, Swami Sivananda Maharaj in his easy chair, filled my heart with peace and contentment. With great reverence I lowered my head on his feet and the touch of his feet brought solace and bliss. I was clinging to this Holy Man's Feet and He gave me initiation.

For ten days I had the honour and the pleasure to stay in this holy and heavenly Ashram. I am unable to express my feelings on this piece of paper and to explain the reader of this article how happy I was for these ten days. After my retirement from my work, I wish to spend the rest of my life in the Ashram and serve thousands of poor patients in the Sivananda General Hospital, for which I have been made an Hon. Medical Advisor.

## *The Lord on Earth*

*(Sri Theodor Schwark, Germany)*

Through the "Sivananda Yoga Institute" in Hamburg I got acquainted with the works of His Holiness Sri Swami Sivananda. In his books he spoke to me like an authority. By knowing more and more of his life and works, I felt that Swami Sivananda became for me the Path, Truth, Life. The fruits which his life bore in abundance, his wisdom which is not of this world, the peace that the children of this world can-

not grant, the perfect kindness towards everybody brought me to the conviction: He is the Lord on Earth. I was lucky enough to receive letters and instructions from this Divine tender heart. This correspondence with Swamiji brought about the greatest revolution of my life. It is my greatest desire to behold Him through His Grace in His physical form or in my meditation. I thank His Holiness wholeheartedly.

## *The Answer from Sivananda*

*(Sri George Folprecht, Prague, Czechoslovakia)*

In vain have I been travelling continents to look for life's consolation. In vain truly have I been asking people about me for words of wisdom, but the answer which I so badly needed did not come. Fruitless has been my search among the pages of books. In the long run, however, through the Infinite Grace of God I have been shown the right path to tread. I have arrived at a life's crossing where a sign is put to say: Seek after God neither on the face of the globe, in books nor in men—but only within your own heart and nowhere else. The proper method and instruction how to find Him have been given to me by our Beloved Guruji, Swami Sivananda. It is to Him that I must be grateful wholeheartedly, profoundly thankful for the change my life has undergone—for what I used to see covered with dark clouds appears to loom gloriously in the sunshine of a joyful day. Those things and values I used to take for lasting embodiments of beauty I can see now as fleeting shadow, soon to pass away. I have realised that neither worldly pleasure nor suffering has any independent existence in itself. It is a mere fabrication of the human mind based on imagination and sensory perception. I can see God in everybody both good and bad, for our Gurudev teaches: "In a bad man you can still find a lot of good as well as in a good man a lot of evil." Further I am taught to see Him in every animal, plant and ultimately in the atom itself. And now there is for me neither flattery nor rudeness, for our Guru teaches: "I am willing to suffer

afflictions and insults, for all that is but sensory perceptions and images originating in our minds. The worldly man who knows only self-righteousness and flattery, is incapable of conceiving the True Reality which is being revealed to us every day so that we may see and understand It for ourselves." But, unfortunately, we cannot for we believe our eyes, ears as well as other senses and thus the highest values pass along us unnoticed. I was greatly disappointed when reading in a book a few years ago, that those who had achieved the Ultimate Reality were very rare on our planet. But all that anxiety disappeared as soon as I have learnt the first teaching of our Guruji's wisdom. Led by a certain love I used to admire everything about it and was sending thoughts with urgent wishes to become also one day a disciple of such a Great Saint. I did not wait for anything else any more, sat down to put down my thoughts on paper.

My burning desire soon came in true in the form of a letter from the Master Himself, signed by Him. It contained an assurance for me, that he had always taken interest in true seekers, and there were instructions for me to follow in my future. I was shown the right direction. Closing His letters Guruji says: "Be good always and seek God in your own heart, and nowhere else—and if you seek him truly, you will find Him." For this great love our Guruji is giving us I have to express my thanks and gratitude.



## *Sivananda Literature—Lasting Good to Humanity*

### SURPRISE GIFTS OF WISDOM

Amidst the many activities of my daily life, it happens periodically that a parcel arrives from India. Full of joy, I unpack it, and my soul is lifted up at once. The thought that the great Master remembered me and sent me the pearls of His wisdom, means always a holiday for me.

The tremendous works on the Yoga Science coming out of the pen of my master merit strong recognition. May the Star of Swami Sivananda continue to circle its shining orbit, for a long time to come, for the benefit of all who direct their eyes towards Him. My thanks and sincere adoration to Swami Sivananda, the Priest of Cosmic Love.

—*Sri Sivananda-Lori Goehl,*  
*Munich, Germany.*

### DIVINE HELP WHENEVER NEEDED

I am grateful to Swami Sivananda for the help I received through the study of his literature. The thought that there is a great saint who cares so enormously, is encouraging me. I can get help whenever I need it and indeed I have received it most generously. Our leader Swami Sivananda, is carrying on his wonderful work for the world peace. I have found my way to religion and rediscovered the comfort and power of prayer through Swami Sivananda.

—*Sri E.B. Mudd,*  
*London.*

### KEY TO MASTERY OF LIFE

Prostrations to Gurudev, the essence of Sat-Chit-Ananda. My thanks to the Master for his spiritual guidance through his books and letters, and most of all through his spi-

ritual thought-vibrations. I will say that the past year for me has been a glorious one. Now I feel that I hold the key to the mystery of life and the universe. As the Master says we can drink the ocean or move mountain but most difficult of all is the control of the mind. Once controlled, we become the Emperor of all and become one with the Lord Siva, who incarnated is His Holiness Swami Sivananda.

You people of Mother India are the most fortunate to have such saints as Swamiji. We value more of such Saints of India. If we were to take each country in this world and change them into parts of a body, India would surely be the heart. Adorations to Mother India and her sons for spreading the words of the Truth to the world.

—*Sri Vecudry,*  
*Montreal, Canada.*

### LIGHT UPON THE BIBLE

Having been in contact, by correspondence, with His Holiness Sri Swami Sivananda, since 1954, I find his teachings are wonderful. His teachings deal with every problem in life in a practical and understandable way, and they always consoled and enlightened me. Belonging to the Christian Religion, which I try to live up to, the teachings of Sri Swami Sivananda have thrown much Light upon the Bible for me, so that I got still more anxious to read it as well as other holy scriptures, but most wonderful with His Holiness is that the teachings invoke something in one, and prompt him to enter the spiritual path. His lessons have helped me wonderfully. I am now seventy years old and do some Yoga exercises from which I have been benefited

much. It is a Grace having become in contact with a Saint like His Holiness Sivananda. "Look within," said the Saint. I did so continuously and found everything, God, Happiness, contentment and knowledge, everything. I cannot thank His Holiness enough for his Leadership. I wish God's blessings for His Holiness and his wonderful work.

—Sri V. Ring Andersen,  
Sevendborg, Denmark.

### A WELL OF HAPPINESS

In 1951 I saw in a Book Store the book: "Adhyatma Sikshavali". I tried also to know something more. I wrote to Revered Guruji who replied in detail. From that time I started to dip from the WELL of Happiness.

Guru Maharaj knows the heart, mind and everything of the disciples. Many times I discovered that when I am in difficulty he appears in the form of advice in his books. I have read several volumes of this Great Soul. The writing of Guruji is simple to understand, easy to follow, and his literature brings Heaven on Earth, and Satya Yuga in this very age.

—Sri Beni U. Singh,  
British Guiana.

### A PSYCHOLOGIST'S THRILL

Your blessings illumine my life. I sincerely thank your gracious self for all the very inspiring books I receive from time to time. I have passed on a few books to a professional psychologist, who was thrilled. He states that they were very helpful to him. I would love to live near you to receive your personal guidance in my many problems.

—Sri V.L. Cole,  
Rosebud, Australia.

### SOURCE OF PEACE

The publications of Sri Swami Sivananda are studied. They not only impressed me deeply, but they gave me peace. I try my best to follow them. I pray that Sri Swami Sivananda live long to be a Light in this world to continue his God-inspired Mission.

—Dr. Sri C. Eugen Wetter,  
Switzerland.

### WAY TO DIVINE LIFE

Greetings for several years. I have been blessed by receiving the Divine Life literature. I find it remarkable and truly points the Way to Life Divine.

—Rev. Sri J.R. Kingham,  
California.

### WONDERFUL TEACHINGS

In the world there are people turning their eyes towards you, and longing for your wonderful teachings. I am one of them just to be guided by you to have a burning aspiration and a free will when I am absorbed in your ways. My deep reverence and thankfulness to you.

—Sri Kumari Haridev,  
Durban, South Africa.

### GUIDE FOR DAILY LIFE

We are extremely fortunate in having God Himself amidst us in the form Swamiji, to constantly guide us, inspire us and bless us in every act of ours. Gurudev takes immense personal interest in everybody who cares to be corrected or guided by Him.

It was about twelve years ago, I had the good fortune of peeping for the first time into one of the books written by Him (now the number of books written by Him should be more than three hundred). Since then Swami Sivananda's books have been



my constant references and Teachers and I get all inspiration and necessary guidance in my daily life from His words. Whenever I could spend a short vacation at His Feet, I found that I had enjoyed the supreme happiness and peace of mind, and derived the fullest benefit of my vacation.

Swamiji is "Sat-Chit-Ananda"—personification of Truth, Knowledge and Bliss. He is an infinite ocean of 'love' and 'mercy'. Trying to describe Him in any other way is the best way to fool myself. To me He is the protecting Father, loving Mother, Revered Teacher and living God.

—Sri K. Satyanarayana Murty,  
Ithaca, U.S.A.

### MYSTERIOUS WAYS OF GUIDANCE

Swami Sivananda, Saviour of our times, Thou art our Master. What else can I say about our Gurudev. Swami Sivananda is the Light in this dark world, in this misled world. Swamiji's life is a sacrifice unto mankind in general and to his devotees in particular.

I am in touch with my Holy Master since 1957. Words are too feeble to describe my deep feeling of reverence and gratitude towards him, for his mysterious ways of guidance. In three ways he bestowed on me so much of His Grace:- (1) Conducting prayers for me and sending his blessings. (2) his very sweet letters full of love and inspiration, and (3) his numerous books which have enlightened me so much.

—Srimati Nageswari Ponnampalam,  
Jaffna, Ceylon.

### MASTERLY EXPOSITION OF TRUTH

The Message of His Holiness is one which is needed today by both the East and the West. His message maintains an excellent balance between the inner and outer

life. The outer actions of everyday life are linked and made complementary to the inner life; and this character of his message is beautifully crystalised into the motto of "serve, love, meditate, realise". The message of Swami Sivananda integrates the entire life. The material becomes infused with the spiritual. The message sets one truly free; and is particularly suited to us in the busy, materialistic West.

There is another aspect of his teaching which calls for much admiration, and that is the masterly way in which he so simply and clearly explains deep spiritual truths. I wish to pass on to you a part of a letter which I received from His Holiness. It contains a message which has often been of a very great help to me:—"Be ever in contact with nothing except God, just as an earthen vessel, which is sunk in water, is enveloped by water on all sides. You will realise God's impenetrable greatness, which is the final goal of all paths, through Intuition. May God bless you all".

—Sri Eric M. Wooley,  
Yorks, England.

### THE "DIVINE LIFE"

I followed several different religions, and I never found any one which inspires me as much as this "Divine Life", disseminated by His Holiness Sri Swami Sivanandaji. By reading his Literature I gain, knowledge, health, strength and peace of mind. I hope to see the Swamiji and his good works and derive spiritual benefits.

—Sri Taramati Devi  
Trinidad.

### SAINT OF THE MODERN WORLD

His Holiness Sri Swami Sivanandaji Maharaj is the eternal supreme Light which illumines our inner self. He is the great-

st saint of our modern world and I wish his gospel may spread throughout the whole world so that the spiritualistic instincts may prevail upon the materialistic ones. I am a humble dust of His Lotus feet and always pray for His Blessings.

—*Sri Mangatram Gambhir*  
*Nairobi, East Africa.*

## FROM DARKNESS TO LIGHT

Sri Swami Sivananda's books, magazines and letters have meant a great deal to me. I realize more and more that he is gradually making my daily Hindu prayer come true; "From the unreal lead me to

the Real; from darkness lead me to Light".

—*Sri Louise N. Greene,*  
*Idaho, U.S.A.*

## A DYNAMIC SPIRITUAL FORCE

His Holiness Sri Swami Sivananda is loved and revered wherever his writings are read, all over the world. To those who, like myself, have never met him personally, he is nevertheless, a dynamic Spiritual Force and profound inspiration. I thank God very humbly that this influence has been permitted to permeate my life. To follow his advice and precepts is to tread a path illumined by happiness and love and by divine Fellowship. All my good wishes for the marvellous work done by His Holiness.

—*Srimati Gerdrude Slatford,*  
*Cheshire, England.*

# Change the Angle of Vision

(*Sri Dr. Alojz Piltaver, Zagreb, Yugoslavia*)

The gratitude which the world owe Sri Swami Sivananda cannot be easily expressed. His Divine Mission is doing a dynamic work for the uplift of the world. Just in time, when two different worlds are fighting, the Divine Life Society and its Founder, Swami Sivananda, perform miracles in the hearts of men. His mission is to change our angle of vision. Because, there can be no world-salvation before the individual's reformation, and Self-realization. We see that the whole world is on fire, but the Great Teacher says that there will arise a new humanity with peace. The World teacher will lead humanity into a new life of

thoughtfulness, new light of sincerity and love, and proper understanding. We have to experience the Truth if we like to help the great work. This will be our greatest gift to the world. We must turn our look into the heart, to experience our individual salvation, and bring it on the shrine of the world-salvation in that way, to feel us as the heart of all creatures in the world, not only for a moment, as a result of our meditation, but as our true nature which will last for ever. This is the Path, the true Path of the Heart in which all the Hearts become One.



## Sprouts of Wisdom

(Sri Swami Sivananda)

1. Nowhere can be found permanent happiness except in one's own Self or Atma.

2. Absolute Reality is Supreme Peace and Eternal bliss.

3. He who has absolute devotion to God has no fear from anything.

4. He who worships the sage goes beyond birth and death.

5. With faith even impossible becomes possible. Without faith even possible becomes impossible.

6. World is not your enemy to be conquered. Be friendly with the world. You will have success and happiness.

7. The pivot of religion is perfect ethical life with an abiding faith in the existence of God.

8. Even if you have one desire or an iota of desire you cannot enter into Nirvikalpa Samadhi or Superconscious State.

9. In a worldly man there is a tear and smile, but in a Sage there is always smile and joy.

10. God alone is the only good which is permanently good.

11. No one is good at all times and no one is bad for ever.

12. No one is absolutely good, except the realised saint and no one is completely bad.

13. Even the worst sinner has some good qualities and even best of men have some weakness. Therefore never have a biased mind.

14. Cultivate unselfish love for all before you expect others to love you.

15. The cruel and untruthful can never be religious.

16. Religion should be a living experience in the life of man.

17. Practise before you ask others to be practical.

18. Serve before you ask others to serve.

19. Listen and you shall hear. Open your eyes and you shall behold.

### DIVINE LIFE

(Srimati R. Padma, Madras)

Oh Life Divine!

Thy Name sweeter than honey.

How long shall I remain

In a gloomy dark domain!

Light, Lead me to Light

And make me ever delight

Light, Lead me Light

Right unto Thy Feet.

Though I am so low

I aim at thy high sky

Though I am so small

I look above the wall.

Sincerity is my motto

Simplicity my path

Solitude is my Kingdom

A Sovereign I am!

## *Magnetic Force of Swami Sivananda*

(Srimati Chandraleka Arjuna, George Town, British Guiana)

We are living in an age where we can't help running into a large number of learned people, in all walks of life, but how many of these people are really wise, in the true sense, is another matter.

As we move about, listening, seeing and forming opinion, we get tired of hearing words—words—and yet more words but alas! where do we find the practice of precepts?

In this frame of mind, with a feeling of disgust and frustration, I carry on my daily routine, wondering in what way would a change in my life occur. This is quite true of many persons like myself.

Then, one day, through the kindness of Sri W.R. Puddicombe, I was given some books written by Sri Swami Sivananda, Holy Sage of Rishikesh. At first I paid little attention to those books but then, by

some kind of magnetic force at work, no doubt from Swamiji himself, I was compelled to peruse the contents.

I read, and then I re-read, filling my cup with what seems to be nothing short of Divine Nectar. Indeed, sweet was the Nectar until my cup was more than filled; it was overflowing. The impetus was gathered; I started the study seriously, and the more I read, the more I asked myself: "WHAT KIND OF MAN IS THIS?" who in the vast Himalayan jungle, has set a supreme standard for the statesmen of the world to bring peace and lasting happiness to mankind.

In conclusion I wish to advise my many friends and seekers after truth to read and study the work of this Great Son of India, Sri Swami Sivananda, who out of love for humanity, has renounced all the earthly pleasures of the world.

## *Message of Swami Sivananda*

(Sri P.R.S. Tampi Seramban, Malaya)

My deep adoration to Lord Shiva and His visible representative in human flesh and blood, who is among us to guide us, succour us and redeem us from ignorance and worldliness. Swami Sivananda speaks through his writings straight into the core of our heart. His sympathy and infinite love to any and everyone percolate through every utterance of his and console, pacify and embalm the aching, wayward and peevish heart. We are blessed to have the guidance of his ambrosial words and to take shelter under his all-powerful spiritual aurora.

I find Swami Vivekananda's inspired speeches and Swami Sivananda's messages

are exactly alike. Both are equally high in spiritual attainments and prophetic Mission. We can only bow down awe-struck at their grandeur and luminosity and simply mutter, "Wonderful." But the Ideal and the Path to the Ideal are clearly discernible and inspire us with the hope of atonement.

Blessed is the land sustaining such gods in human form, blessed are their associates who help carrying on their Mission, blessed are the devotees who have the chance of receiving their blessings, blessed are the readers of their messages, who imbue their pearls of wisdom and assimilate their precious advices.



## Divine Glory Everywhere

(Sri W.R. Puddicombe, *Divine Life Society, George Town, British Guiana*)

I have come to realise about the true meaning and purpose of life, as a result of studying the literary works and social activities of that great and noble world teacher, Sri Swami Sivananda. A long time has passed since Swami's teachings were introduced in British Guiana. I notice also that many others here have been receiving His enlightening books. I worked in spreading the teachings all around. Indeed, one and all began to feel the Divine Presence all around. The Divine Glory they saw everywhere.

Some years later I had the pleasure of meeting Sri Dalim Chand Persaud at our Mandir and I was so greatly impressed with what he had to say, having met Swamiji personally when on a visit to India. Since then I have run into many others who were very fortunate to visit India and call on Swamiji's Ashram at Rishikesh. All these good people are very proud of Swamiji.

In our own circle, of families and friends, in all walks of life, never let a day pass without having something or other to say about Sivananda and his sacred teachings—what a noble soul!

As I write this message, I recall vividly what His Worship, Mr. Lionel Luckhoo, had to say about the sacred teachings of Swamiji when the Mayor had visited our Mandir. The Mandir was packed and every word uttered by the Mayor was distinct and impressive while in silence the gathering listened with rapt attention.

Swami Sivananda would still be remembered most lovingly by generations yet unborn and mothers would cradle and care their babes, singing praises to Sivananda, the enlightened; for let us all remember that Swamiji has time and again defended boldly with his mighty pen the women's true position in the life of every nation. Jai Sivananda.

## Power Behind Prasad

(Sri Miss. G. John, *Durban, South Africa*)

Sri Gurudev's first letter has transformed my darkness into light. Writing to Sri Gurudev has brought joy and happiness into my life and to the whole family. I feel like I am born anew. I feel his presence every moment beside me. All my troubles are shared with Sri Gurudev, and all my wishes are fulfilled by the kind Grace and blessings of Sri Gurudev.

A few days ago my Dad complained of

severe pain in his chest. The Doctor could not even help him, relieve him of the pain. And at that confused moment, I could only turn to Sri Gurudev's Vibhuti Prasad, and while contemplating on Sri Gurudev's unlimited Grace and blessing, I put some Vibhuti on his forehead. After a few minutes the pain in the chest left him completely. The Grace of Gurudev is marvellous.

## *Fountain-Source of Infinite Strength*

(Sri S.R. Kumaresan, Kokuwil, Ceylon)

More than once my uncle told me about Swami Sivananda and his Ashram at Rishikesh. My uncle who was admitted to the Holy Order of Sannyas by Swamiji in 1954, told me that I should visit Rishikesh and pay homage to Swamiji at my earliest opportunity. He gave me several books on and by Swami Sivananda. I have gone through them and have been inspired by the spiritual lessons they teach.

When I was a schoolboy a relative of mine showed me a few lines from a book written by Swamiji. Some of the words which are vivid in my memory are: "Be a professor or a doctor". Though I was very young then, the noble profession of the

teacher attracted my attention. I personally wrote to Swamiji for some advice. I received the reply in time. It contained sound advice and instructions.

When once I got worries, Swamiji wrote to me: "Within you is the Fountain-source of Infinite strength and wisdom and peace". When I was depressed, he asked me to fill the mind with the idea of joy. The public will do well to read the works of Swami Sivananda. The following statements made by him at different times have given me particular inspiration. "Never fail to fulfil your duties—think of the mistakes you have committed during the course of the day, just before retiring to bed—do charity regularly.

## *Divine Light and Love*

(Mrs. E.E. Chalmers, Brisbane, Australia)

Illuminated in thine eyes, was thy soul  
That part of the Great "I am"

For tho' no words were spoken  
Nor gesture made  
Thou spokest with eyes so full  
Of understanding—and Love.

Nor was there need for words  
For understanding and Healing were there  
And I knew. I knew  
That Love was there.

That it breathed into me, Light and Love  
And from that moment, grew

Into an overwhelming feeling  
Life is everlasting  
For Thou—and Me.

Something inside tells me.  
Tho' I remember not, as yet,  
This is so.

I try to lift myself, to understand  
But Oh, to look forward to the  
Great awakening of my soul  
For I love, and am loved  
And surely shall go on loving  
Till I love ALL, the Lord in all!



## Material and Spiritual Benefits

(Sri W.G. Lake, Hurstville, South Australia)

It is with gratitude and pleasure that I express my veneration of and reverence for the great spiritual being who has made himself known to me in the person of Swami Sivananda.

Swamiji has been to me a true Leader, a real Teacher, for his concern has been only for the welfare and progress, not only of myself, but of all those with whom I find myself placed. Not only has the Great Yogi Sivananda helped me considerably in a material and social way, he has been of immeasurable aid to me in the much more important psychological and spiritual way.

There is no way in which I can repay

this great yet humble soul who appears to us in the human form of Sivananda. He does not need anything from me. Nevertheless I feel that, by trying to imitate him and by endeavouring to turn myself into a better man, I am pleasing him. Once again I thank Swami Sivananda for weaning me from an all-compelling materialism, for re-orientating my life in a more cosmologically real perspective, for awakening in me the desire to detach myself from all that is false and illusory, for giving me the faith and the strength to go on in this noblest of all endeavours to the very end, despite all apparent failures, despairs and impossibilities.

## Sivananda's Influence in South Africa

(Sri Swami Sevakananda, P.M. Burg)

The dynamic vibrations emanating from Rishikesh, the dwelling place of the Sage of the Himalayas are ever felt by his disciples in the city of Pietermaritzburg, a quiet centre of commerce and Industry. The city has its Branches of the Divine Life Society which are ever active, by the Grace of Sri Gurudev, in serving mankind and by example showing the way to a higher life.

In the houses of devotees will be found decorated altars surrounding a Photograph of beloved Swami Sivanandaji, who is their protector and guide. Weekly services of the D.L.S. Branches are attended and conducted by people of both Eastern and Wes-

tern worlds; all brothers and sisters on a common ground in worship of Truth and Reality. Meditation services are held with classes on Hatha Yoga.

It is the wisdom of the philosopher of the East. The charm of the giant among Holy men makes all things possible in the Kali Yuga. From the heights of the Himalayas to the hearts of the simple people of a Natal Town comes the injunction to: "Be good. Do good. Speak softly. Speak sweetly. Speak a little. Speak Love."

The Sadhaks respond with devotional hearts, earnest in their Sadhana, their souls, the Guru within, patiently awaiting recognition in God-Realisation.

# *Progress of Sivananda's Mission*

## —NOTABLE EVENTS AND FEATURES—

( Sept. 16, 1960 to Sept. 1961 )

- SEPT. 13: The Thirteenth All-India Divine Life and All-Religions' Conference were organised by the Divine Life Society Branch at Mysore, under the chairmanship of Sri P. Gopalakrishna Setty. The Conference was inaugurated at the Town Hall by H.H. Sri Martanda Varma, the Elayarajah of Travancore.
- SEPT. 20: The Ninth Foundation Anniversary of the Yoga-Vedanta Academy Press.
- SEPT. 26: The Forty-third All-India Yoga-Vedanta Conference and the Sadhana Week at Sivanandashram, Rishikesh.
- OCT. 10: The Sivananda Study Circle was established at the Allahabad University Under the leadership of Prof. Sri Chou Hsiang-Kuang. It was inaugurated by the Vice-Chancellor of the University, Dr. Sri Ranjan. Sri Kamala Kant Varma, a former Chief Justice of the Allahabad High Court, Dr. Sri Mohammad Hafiz Syed, a retired Professor of the University and other prominent persons participated.
- OCT. 10: Sri Swami Sivananda received Dr. Rajendra Prasad, President of the Republic of India. A special Satsang was organised in honour of his visit. Previously the President visited the Ashram on the 13th October, 1954.
- NOV. 7: Sri Swami Krishnananda, Secretary of the Divine Life Society, Rishikesh, gave three well-attended lectures at the Allahabad University on the invitation of the Vice-Chancellor, Dr. Sri Ranjan.
- NOV. 13: A group of 22 devotees of Swami Sivananda visited the Ashram from Europe and stayed for a period of 3 to 4 weeks in learning Yoga and Vedanta under the direct guidance of Sri Swami Sivananda.
- NOV. 14: Sri Sivananda-Kumudini of Hyderabad unveiled the twin-statue of white marble, containing the busts of Lord Shiva and swami Sivananda, in the shrine constructed by Sri K.V. Subba Rao at Undrajavaram, Andhra State.
- DEC. 3: Seventh Anniversary of the Akhanda Maha Mantra Kirtan was celebrated at the Ashram with a grand procession through the main streets of Rishikesh.
- DEC. 31: The Seventeenth Pratishtha Ceremony of Lord Viswanath at Sivanandashram, Rishikesh.
- FEB. 13: Sivaratri was observed at the Ashram with special Sadhana, Puja, worship and vigil in Lord Viswanath Mandir. Deserving students received initiation into the Order of Sannyas from Sri Swami Sivanandaji.
- MAR. 8: Sri Swami Venkatesananda left on his foreign tour to Ceylon, West Australia and South Africa, for the Propagation of the teachings of Sri Swami Sivananda.



- MAR. 22: The Forty-fourth Yoga Vedanta Conference and Sadhana Week at Sivanandashram, Rishikesh.  
The Sivananda Study Circle was inaugurated by Sri Dr. Prabhakar at J.C. College, Ferozepur City.
- MARCH: A Monthly Journal entitled "LIFE DIVINE" was started by the Divine Life Society Branches and the Sivananda Cultural Association of New Delhi. A quarterly Journal, "Yoga and Health Digest" was started by the Sivananda Yoga-Vedanta Centre, Montreal, Canada.
- APR. 1: Sri Swami Sivananda received Dr. Sri B.K. Ananda, Dr. Sri S.S. Misra, and Dr. Sri V. Narayanaswami, the members of the Committee for Therapeutical Evaluation of Yoga Practices.
- APR. 22: Sri S. Subba Rao, M.A., President, Divine Life Society, Secunderabad, gave a series of lectures on Srimad Bhagavad Gita at the Ashram Satsang.
- JUNE 2: An Additional in-patients' Ward was declared open by Sri Swami Sivananda.
- JUNE 6: The Sixteenth Anniversary of the Ayurvedic Pharmaceutical Works was celebrated. The Institution have made 28 Ayurvedic medicines very popular. They are useful in removing chronic diseases and maintaining a high standard of health.
- JUNE-JULY: The Eleventh Medical Relief Camp for women and children was conducted by Dr. Sri Devaki Kutty and over 574 cases were successfully treated.
- JULY 13: The Thirteenth Anniversary of the Yoga-Vedanta Forest Academy with special programme of lectures, Bhajans and devotional music.
- JULY 17: Guru Poornima. A large number of devotees from all parts of India attended the collective Sadhana, and Pada Puja at the Ashram and deserving students received Mantra Diksha (initiation) from Sri Swami Sivananda.
- JULY 27: The Fifth Andhra Pradesh Divine Life Conference was conducted at Hyderabad.  
The Divine Life Society Branch at Montevideo in South America was opened by Sri Swami Chidananda, General Secretary of the Society. The Branch is organised under the leadership of Dr. J.M. Magarinos, Deputy Foreign Minister of Uruguay.
- SEPT. 24: Sri Swami Sivapremananda, Editor, Divine Life, left on his world tour for the propagation of the teachings of Sri Swami Sivananda in America.

### STUDENTS FROM ABROAD

About 218 students from various countries stayed at the Ashram (for different durations) and attended the daily classes on Yoga and Vedanta and joined the Satsang. They all received training in Yoga Exercises, music, nursing through Sivananda Hospital and in concentration and meditation. At the end of their courses

they all received diplomas and Awards of merit from Sri Swami Sivanandaji. The names of some of these students are given below:

Miss Anne Burian, Canada; Sri Alfredo Walkmeister\* (Swami Ramananda); Mrs. Anna Maria Levien\* (Swami Dayananda) of South Africa; Miss Beatrice Panooulos\* (Swami Nirmalananda) of Los Angeles; Sri Beckenried; Dr. Sri Barbara Pleyer, Ph.D., Munich; Sri Sivananda Boteju of Colombo; Sri Chen Yoke Chun of Kuala Lumpur; Sri Claude Jacot; Mrs. Glas er, Basel; Miss Elaine Carol Rosen of New York; Mrs Esther Newton of New York; Dr. Elfriede Fechter, Salsburg; Sri Edgar Graf; Mrs. Elisabeth Rieter\* (Umananda); Dr. Frank Nager; Mrs. Frieda Savio, Zurich; Sri Felix Knecht; Miss Gwen Jones, Melbourne; Sri Gilbert Bourdin\* (Swami Hamsananda) of France; Rt. Rev. Dr. Gebhard Frei of Zurich University; Sri George Jurcsek\* (Yogeswarananda) of New York; Dr. Hans Naegeli of Swiss Parapsychological Society; Miss B. Herrmann of Berne; Mrs. Halima Graf of Lugano; Sri Hans Schweizer, Bubendorf; Mrs. Hermine Maffli; Mrs. Hedwig Geprags, West Germany; Dr. Henrich Karanz, Mainz; Dr. Hans-Dieter Flad of Munich; Sri Jean Pitten; Sri Jean Mayehoff\* (Premananda) of New York; Srimati Jessica of Johannesburg; Mrs. Katherine Nager; Rev. Sri Koyu Kiyotomo\* (Swami Buddhananda) of Japan; Sri B. Lovgren of Sweden; Mrs. Margot Ariss\* (Swami Lalitananda) of Beirut; Sri Sivananda Margarita\* (Swami Sivananda-Premananda) of Synthese Universelle, Trogen; Mrs. Martins-Birmele, Trogen; Mrs. Mille Freimuller; Dr. Miroslav Zimund, Prague; Sri V.V. Nair\* (Swami Vasudevananda) of Malaya; Sri Princess d'Arenberg of Belgium; Sri Prevesto; Sri Poustma, Rotterdam; Dr. M.P.R. Sood of Nairobi; Sri M. Sonderegger of Berne; General Sri R.S. Soekanto of Indonesia; Sri Sivananda-Suppiah of Malaya; Sri Theo Schneider\* (Swami Sivananda-Sevananda) of Trogen; Sri Ursula Hugsdrof\* (Sri Jyotirmayananda) Trogen. [Those who had initiation into the order of Sannyasa are marked with star \*].

### SPECIAL PERFORMANCES

*(In Daily Satsang)*

Devotional music and dance performances and discourses were given by the devotees and professors of the Y.V.F. Academy. Special functions were arranged when the following prominent persons visited the Ashram.

**Lectures:** Sri Anantarama Dikshitar of Sengalipuram; Dr. Sri Lakshmiopathi of Madras; Sri Swami Advayananda of Sivananda Sadhana Nilayam; Sri Swami Naradanandaji of Naimisaranya; Sri S. Subba Rao of Secunderabad; Sri Kripanandavari of Madras.

**Bhajans:** Sri Swami Parvatikar of Badrinath; Sri Dilip Kumar Roy of Aurabindo Ashram; Sri Prem Nath and Bina Roy of Bombay; Sri Swami Murugadas of South India.

**Classical Music:** Sri V. Rajamani Bhagvatar, Sri V.S. Parthasarathy Iyengar, Sri Shyamala Sundaram, Sri Nagarajan, Sri S.V. Ramani, Sri Rawat, Sri Narayan of New Delhi; Srimati Rajalakshmi Rao of Bareilly; Sri A.K.C. Natarajajn (Clarinet) of Madras; Sri V. Varadaraja Iyengar of Hyderabad; Sri K.G. Menon of Trivandrum;



Sri M.S. Gopalakrishnan (Violin) of Madras; Sri S. Radhakrishna Pillay (Nathaswaram); Sri Kumari Mohana of Madura; Sri R.S. Mani, Sri K. Sivaraman, Sri N. Krishnan and others.

*Bharata-Natya*: Srimati Banumati Rao and Thangamani Raja of New Delhi.

### VISITING GROUPS

Swami Sivananda received several groups of students and professors of the Schools and Colleges in India, and also many of the pilgrims to Badri and Kedar, the total number for the year being 13,129.

### VISITORS TO THE ASHRAM

The Ashram had a steady stream of distinguished visitors who paid their respects to Sri Swami Sivanandaji Maharaj. Among them were:-

H.E. Miguel Serrano, Ambassador of Chile in India; H.H. Sri Prabhu Dutt Brahmachariji; Sri Jugul Kishore Birla, New Delhi; Sri C.V. Ramamurthi, Advisor to the Planning Commission; Sri Prakash Kishen, Commissioner of Kumaon Division; Sri D.P. Karmarkar, Union Minister for Health; Sri Gopala Reddy, Union Minister for Works, Housing and Supply; Sri T. Subramanya, Minister, Mysore State; Sri Hira A. Sujan, Trade Commissioner of India in Australia; Sri K.R.K. Menon, (then) Chairman, Industrial Finance Corporation; Sri Benegal, Director of Telegraphs; Dr. K.M. Lall, Director of Medical Services, U.P; Sri Ratna Mudaliar, Madras Public Service Commission; Dr. Sri Retnavel Subramanyam, Superintendent, Madras General Hospital; General Sri R.S. Soekanto of Indonesia; Four members of the French and Spanish delegations to the World Health Assembly; Sri Arjun Chandiramani, Educational Advisor to the Govt. of India; Sri K.C. Gupta, Executive Engineer, Simla; Sri M. Ganesan, former General Manager of the Western Railway; Sri N.R.K. Krishnan, Div. Supdt., Western Railway; Sri Kashiram Gupta, Calcutta; Sri Madhava Rao, Commissioner of Income Tax; Dr. Sri Keshawan Nair of Trivandrum; Sri J.N. Hazarika, Parliamentary Secretary to the Prime Minister; Sri R.N. Tripathi, Dy. Speaker of the U.P. Assembly; Justice Sri K. Subba Rao, Supreme Court; Justice Sri Bishan Narain, Supreme Court; Justice Sri Mudholkar, Supreme Court; Sri Chandra Reddy, Chief Justice, Andhra Pradesh; Justice Sri Kamal Sahay, Chief Justice of Patna High Court; Sri Ramachandra Rao, Member, Oil and Gas Commission; Srimati Rajyalakshmi, Rajkumar Sri Tejendra Pratap and Rani Sri Nityakumari of Nepal; H.H. The Maharani of Gwalior; Srimati Kumudini Devi of Hyderabad; Yuvaraj Sri Uday Bhan of Porbandar; Dr. Sri Ranjan, (then) Vice-Chancellor of the Allahabad University; Sri M.C. Bijavat, Pro-Vice-Chancellor of Banaras Hindu University; Prof. Sri Godha of Singapore University; Sri Bindeshwari Prasad Varma, Speaker, Bihar Assembly; Sri N.V. Rao, Dy. Secretary, Ext. Affairs, New Delhi; Sri Shankar, Excise Commissioner, Mysore; Sri Lakshman, Chief Elec. Engineer Scindia Navigation, Bombay.

## TITLE AWARDS

During the daily Satsang 761 persons and through post 1740 students received diplomas and Awards from Sri Swami Sivanandaji on behalf of the Yoga Vedanta Forest Academy in recognition of their talents in music, dance, painting, Hatha Yoga and proficiency in other fields.

## INITIATIONS

Sri Swami Sivananda initiated into the order of Sannyas 247 students (including foreigners) and gave Mantra Initiation to 4,210 during the year.

## SIVANANDA PUBLICATIONS

The Yoga Vedanta Forest Academy Press released 86 new publications on Yoga and Philosophy and the life and teachings of Sri Swami Sivananda during the year, in addition to the "Divine Life", "Health and Long Life", Academy Weekly and other journals of the Ashram in Hindi and English. Fifty-seven Standard works of Swami Sivananda have been re-printed and published in different languages in India and other countries.

## MESSAGES

Over 380 inspiring Messages were sent by Swami Sivanandaji for different occasions to the various parts of the world. About 48 periodicals in English and foreign languages continued to publish the messages and teachings of Sri Swami Sivananda. During the year 2400 students were in touch with Sri Swami Sivananda through correspondence.

## NEW D L S. BRANCHES

Eighty-seven Branches of the Divine Life Society, Sivananda Study Circles, Sivananda Ashram, and Sivananda Schools of Yoga and Vedanta were established in India and other countries.

## NEW BUILDINGS AT THE ASHRAM

The construction of Saraswati Kutir, Mount Kailas buildings, the third storey of the Eye Hospital, a series of rooms at the Ashram Gardens and three spacious rooms above the General Hospital were completed for the accommodation of visitors and the Sadhaks.

## MEDICAL AID AT THE ASHRAM

In addition to the permanent staff of the Hospitals at the Ashram, able doctors who visited the Ashram, served the patients here from time to time. The following persons during their stay at the Ashram continued their Sadhana, participated in the daily classes and Satsang and served the sick also. Dr. Sri Tolaram of Bombay; Dr. Krishna Rao and Srimati Radha of Madras; Dr. Srimati Aruna Mudholkar; Dr. Srimati Murali; Dr. Srimati Sushila Vighney; Major-General Sri A.N. Sharma; Dr. Sri B.G. Adhvaryoo of Virnagar; Dr. Srimati Padma Mudholkar of Bombay; Dr. Sri Sivananda-Sundarananda; and Dr. Srimati Devaki Kutty.



## FINANCIAL

According to the Annual Report, from January to December, 1960 the- Eye Hospital treated 11,407 cases and the General Hospital 26809 cases and the total expenses were Rs. 41,497. For maintenance of the Sadhaks, Professors of the Academy, the devotees, and feeding of the Mahatmas and the poor and also the patients in the Hospitals, the Ashram Annakshetra spent a sum of Rs. 1,15,000. The estimated cost of the books printed in the Ashram Press was Rs. 49,5000, and the periodicals Rs. 81,500, whereas books worth thousands of rupees were printed by devotees elsewhere and sent here. Books worth Rs. 1,26,656 were distributed free. The packing charges and postage for despatching the books and the correspondence with devotees all over the world came to Rs. 11,126. The Sivananda Ayurvedic Pharmaceutical Works distributed free of cost its medicines and tonics valued at Rs. 17,482.

—Swami Paramananda.

## Our Universal Father

(Srimati Janak, New Delhi)

From time immemorial, when humanity loses its charm, the saints and sages have been protecting the world and acting as Saviours. To-day when the dark clouds of restlessness are thundering in the four corners of the world, Oh! there amidst the dark clouds of Avidya, delusion and restlessness, we see the glittering Surya—the ocean of ancient culture—spreading his rays of 'Adhyatma Jnana' from the mighty peaks of the gigantic Himalayas. There, we see a flash of hope and a ray of peace in the pristine glory of the Surya of Kali Yuga.

Hail to the Karma-yogin of blessed Gita, the practical expression of Lord Krishna. Our silent adorations and prostrations to the pride of the Himalayas, the

beauty of Mother Ganges, the honour of great India, the Saviour of Dharma, the ocean of love, peace and wisdom, the healer of soul and body, our Beloved Siva, the Universal Father.

Sri Swami Sivananda's service to mankind surpasses all the servants of Mother India, for he embraces the whole cosmos in his cosy arms. His nationality is of equal vision where there is no duality. Let us pay our homage to the Universal Father—Siva, the Great. Blessed are those who meditate upon this Saviour of Kali Yuga, twice blessed are those who are constantly in the service of the great Saint, thrice blessed are those who follow his way of life and are constantly interlinked with him.

# *What Life Has Taught Me*

SRI SWAMI SIVANANDA

It was, I should say, by a flash that I came to the conclusion early in my life that human life is not complete with its observable activities and that there is something above human perception controlling and directing all that is visible. I may boldly say that I began to perceive the realities behind what we call life on earth. The unrest and feverish anxiety that characterise man's ordinary existence here bespeak a higher goal that he has to reach one day or the other.

When man gets entangled in selfishness, greed, lust and hatred, he naturally forgets what is beneath his own skin. Materialism and scepticism reign supreme. He gets irritated by small things and begin to fight. In short, man is miserable. The doctor's profession gave me ample evidence of the sufferings of this world. I found concrete proofs of the great saying: "Sarvam Duhkham Vivekinah". I was blessed with a new vision and perspective. I was deeply convinced that there must be a place, a sweet home of pristine glory and purity and divine splendour, where absolute security, perfect peace and happiness can be enjoyed eternally. In conformity with the dictum of the Sruti, I renounced the world, and felt that I belong to the whole world.

A course of severe self-discipline and penance endowed me with enough strength to move unscathed amidst the vicissitudes of the world-phenomena. And I began to feel the great good it would be to humanity if I could share this new vision with one and all. I called my instrument of work. The "Divine Life Society."

Side by side, the stirring events since

the advent of the twentieth century had their effect upon all keen-minded people. The horrors of past and possible wars, and the consequent suffering, touched the minds of people. It was not difficult to see that the pains of mankind were mostly brought on by its own deeds. To awaken man to his errors and follies and to make him mend his ways, so that he may utilise his life for attaining worthier ends, was felt to be the urgent need of the time. As if in answer to this need, I saw the birth of the Divine Life Mission, with its task of rescuing man from the forces of the lower nature and raising him to the cosmos. This is the work of rousing the religious consciousness, an awareness of the essential Divinity of man.

Not by mere argument or discussion can religion be taught or understood. Not by precepts or canons of teaching alone can make one religious. It requires a peculiar atonement with one's vast environment, an ability to feel the deepest as well as the vastest, a genuine sympathy with creation. Religion is living, not speaking or showing. I hold that whatever be one's religion, whoever be the prophet adored, whichever be the language or the country, whatever be one's age or sex, one can be religious provided the true implication of that hallowed term Tapas, which essentially means any form of self-control, is made capable of being practised in daily life to the extent possible for one in the environment and under the circumstances in which one is placed.

I hold that real religion is the religion of the heart. The heart must be purified first. Truth, love and purity are the basis



of real religion. Control over the baser nature, conquest of the mind, cultivation of virtues, service of humanity, goodwill, fellowship and amity constitute the fundamentals of true religion. These ideals are included in the principles of the Divine Life Society. And I try to teach them mostly by example which I consider to be weightier than all precepts.

The modern thinker has neither the requisite time nor the patience to perform rigorous Tapas and austere religious practices; and many of these are even being relegated to the level of superstition. In order to give the present generation the benefit of real Tapas in the true religious sense, to reveal to them its real significance and to convince them of its meaning and efficacy. I held up my torch of Divine Life, which is a system of religious life suited to one and all, which can be practised by the recluse and the office-goer alike, which can become intelligible to the scholar and the rustic in its different stages and phases. This is a religion which is not other than what is essential to give meaning to the daily duties of the human being. The beauty in "Divine Life" is its simplicity and applicability to the everyday affairs of the ordinary man. It is immaterial whether one goes to the Church or the Mosque or the Mandir for offering his prayers, for all prayers are heard by the One.

The average seeker after Truth is often deceived by the caprices of his mind. A person who takes to the spiritual path is bewildered before he reaches the end of his journey, and is naturally tempted to relax his efforts half-way. Many are the pitfalls, but those who plod on steadily are sure to reach the goal of life which is universality of being, knowledge and joy. I have laid great emphasis in all my writings upon the discipline of the turbulent senses, conquest

of the mind, purification of the heart, and attainment of inner peace and strength suited to the different stages in evolution.

I have learnt that it is the foremost duty of man to learn to give, give in charity, give in plenty, give with love, give without any expectation of consequence, because one does not lose anything by giving—or the other hand the giver is given back a thousandfold. Charity is not merely an act of offering. It is incomplete without charity of disposition, charity of feeling, charity of understanding, knowledge and attitude to others. Charity is self-sacrifice in different levels of one's being. Charity in the highest sense I understand to be equivalent to Jnana-Yajna.

Similarly I consider goodness of being and doing constitutes the rock-bottom of one's life. By goodness I mean the capacity to feel with others and live and feel as others do, and be in a position to act so that no one is hurt by the act. Goodness is the face of Godliness. I think that to be good in reality, in the innermost recesses of one's heart, is not easy, though it may appear to be simple as a teaching. It is one of the hardest of things on earth, if only one would be honest to oneself.

There is no physical world for me. What I see I see as the glorious manifestation of the Almighty. I rejoice when I behold the Purusha with thousands of heads and thousands of eyes and feet, the SAHASRASIRSHA PURUSHA! When I serve persons I see not the persons but Him of whom they are the limbs. I learn to be humble before the Mighty Being whose breath we breathe and whose joy we enjoy. I do not think there is anything more to teach or to learn. Here is the cream of religion, the quintessence of philosophy.

The philosophy I hold is neither dreamy, subjective, world-negating doctrine

of illusion, nor a crude world-affirming theory of sense-ridden humanism. It is the fact of the divinity of the Universe, the immortality of the soul of man, the unity of creation with the Absolute, that I feel as the holy doctrine worth considering. As the one Brahman appears as the diverse universe in all the planes of its manifestation, the aspirant has to pay his homage to the lower manifestations before he steps into the higher stages. Health, clear understanding, deep knowledge, a powerful will and moral integrity are all necessary parts of the process of the realisation of the Ideal of humanity as a whole. To adjust, adapt and accommodate, to see good in everything and bring to effective use all the principles of Nature in the process of evolution towards Self-realisation along the path of an integrated adjustment of the human powers and faculties are some of the main factors that go to build up a true philosophy of life. For me philosophy is not merely a love of wisdom but actual possession of it. In all my writings I have prescribed methods for overcoming and mastering the physical, vital, mental and the intellectual layers of consciousness in order to be able to proceed with the Sadhana for self-perfection. The self-perfected ones are the SARVA-BHUTA-HITE-RATAH.

To behold the Atman in every being or times and in all conditions of life, to see, form, to feel Brahman everywhere, at all hear, taste and feel everything as the Atman is my creed. To live in Brahman, to melt in Brahman and to dissolve in Brahman is my creed. By dwelling in such union, to utilise the hands, mind, senses and the body for the service of humanity, for singing the Names of the Lord, for elevating the devotees, giving instructions to sincere

aspirants and disseminating knowledge, throughout the world, is my creed, if you call it one. To be a cosmic friend and cosmic benefactor, a friend of the poor, the forlorn, the helpless and the fallen is my creed. It is my sacred creed to serve sick persons, to nurse them with care, sympathy and love, to cheer the depressed, to infuse power and joy in all, to feel oneness with each and everyone, and to treat all with equal vision. In my highest creed there are neither peasants nor kings, neither beggars nor emperors, neither males nor females, neither teachers, nor students. I love to live, move and have my being in this realm indescribable.

The first step is often the most difficult one. But once it is taken the rest becomes easy. There is a need for more of courage and patience on the part of people. They usually shirk, hesitate and are frightened. All this is due to ignorance of One's true duty. A certain amount of education and culture is necessary to have a sufficiently clear grasp of one's position in this world. Our educational system needs an overhauling, for it is now floating on the surface without touching the depths of man. To achieve this, co-operation should come not only from society but also from the Government. Success is difficult without mutual help. The head and heart should go hand in hand, and the ideal and the real should have a close relation. To work with this knowledge is Karma Yoga. The Lord has declared this truth in the Bhagavad Gita. I pray that this supreme ideal be actualised in the daily life of every individual, and there be a veritable heaven on earth. This is not merely a wish—this is a possibility and a fact that cannot be gainsaid. This is to be realised if life is to mean what it ought really to mean.

(Courtesy: "Bhavan's Journal," Bombay, dated August 20, 1961.)



## *A Mysterious Guiding Force*

(Sri Swami Vedantananda, Sivanandashram)

In Swami Sivananda we have a sage-saint who does not confine himself to indicating the way to the higher life, the Divine Life, and final liberation, to a number of selectetd fit ones, but, who, because his sympathy for humanity is unlimited, wishes that all, without exception, should be enabled to approach that goal.

He teaches us happiness. The best of the pilgrim-roads to true happiness is the practice of non-attachment. This, he teaches, this, he demonstrates, this, he impresses on us by his word, by his work, by his way of being. Yes, his very life is a book—a book which is ever there open for us to read.

An abstract or essence of portions of that wonderful work the Living Book Sivananda, we have in the sage's autobiography, and lesser abstracts of subsequent chapters, in records penned by people who dwell near him. Those who are fortunate enough to follow day by day the unfolding of the golden text of that book which is Sivananda's life, are never dull, or despondent, or forsaken by inspiration. For there is not a page in that master-book, which does not provide food and sustenance for the sharp-eyed mind and the clear-sighted heart. It most marvellously illuminates and illustrates his already so very lucid, written word.

There is matter in it for every type of student. And everyone can learn from it, set forth in many various and impressive ways, the important lesson that non-attachment confers peace of mind and happiness. For, while Swami Sivananda takes a sympathetic interest in all that goes on around him, he remains detached. To be in the

world, to work in and for it, yet to remain safe from its defiling touch by a wise non-attachment, is one of the chief lessons.

Morning Satsang begins. The lovely living book is there before us—our dear saint's words and actions. Every day brings us fresh lessons; every day we carry treasures away with us; everyday our mind and heart may expand a little more. Our Guru's remarks, his answers to questions put to him by visitors or Ashramites, his smile, his glance—all are guiding us onward. Now, he consoles one and admonishes another. Now, he makes a humorous comment; now, he tempers his remarks to a child. He inquires after the comfort of guests to the Ashram or after the condition of patients in his two hospitals; now he distributes alms; and now, he spreads his blessings over all.

And then, he sometimes is silent for a while. Oh, the sweet, serene silence of Sivananda! That peculiar, educative, reassuring and creative silence reigns which envelopes the Guru and his disciples. Yes, it soothes or stimulates heart and head—the silence of Sivananda! We listen with the inner ear to the holy silence of the Saint.

No strain, no tediousness, no impatience, no assaults of futile doubts are experienced by the privileged pupils who may read the book of Sivananda's daily life. His radiant life informs with living light the lesser lives of his attentive disciples. The chapter of Morning Satsang closes and we go our ways fortified and well prepared for the lessons which evening Satsang will bring.

# Day-To-Day of Sri Swami Sivananda

(Sri Sivananda-Pat, Johannesburg)

17th April 1961

## CHARITY

Summer had come with a vengeance. This morning was hot and sultry. Sri Gurudev, however, came to the office looking cool and fresh. Waiting for him was an old man of 81 years of age with a very woe-begone expression on his face.

The purpose of this man's visit was to ask Swamiji for money. Some of the inmates of the Ashram being acquainted with him were very reluctant in giving assistance whereas others gave without hesitation. Swamiji too gave. Noticing the different reactions it was asked of Sri Gurudev how one knew when to give and when not to give. "Food one can give any time. Money give discriminately. Listen to the inner voice," said Swamiji.

## BOASTING QUACK

Sri Gurudev has disciples all over spreading his teachings. Swami Bhoomananda stationed in Gujarat is doing dynamic work there with eye camps and going from school to school demonstrating Asanas. For the benefit of Athena Perini from Australia, Sri Gurudev summoned Swami Bhoomananda to show the abdominal roll, while remarking: "You are getting fat." "Yes, and I am fasting," replied Bhoomananda. After having demonstrated the abdominal roll Swamiji requested him to give a lecture, which reads as follows. He enacted the part of a quack.

"Ladies and Gentlemen, gather round the establishment of Professor Passemogudy, physician in ordinary to the Emperor of Vankivallop and all the crowned

heads of Europe. Stand on one side you youngsters, if you please, and run away home to tell your mothers the professor is now on view and if they have any complaints let them come and lay them before me. Ladies and gentlemen of every description and of both sexes, if there are any among you afflicted with the ills of life which flesh is heir to; whether rheumatism, sciatica, consumption, liver complaint, heart-burn, sea-sickness, or impecuniacy; whether inflammation of the lungs, concentration of the nose, acclimatisation of the spinal marrow or a want of vitality in the vegetable marrow; gravel, stone or asphalt, fits and starts and feeling anyhow, an attack of the blues, whether male or female, in short for every complaint under the Sun, whether known or unknown, mortal or immortal, curable or incurable, I invite you to pay heed to some of the most wonderful cures which have been effected by my Oriental Restorative medicines.

"Here is a bottle which I hold up for your inspection. I shall, however, not allow this bottle to be sold until I have explained its peculiar virtues and the chief ingredients of which it is composed. My medicine, Ladies and Gentlemen, is compounded out of the finest roots, herbs, and barks throughout the vegetable kingdom and was gathered by my numerous assistants in every part of the habitable globe.

"The chief ingredients of this bottle are as follows: Fig leaves from the giant trees of California; dandelion from Epping Forest; Turkey Rhubarb from Asia Minor; Balsam from the gum trees of Arabia; Cod-liver oil from Billing Gate; Quinine from Canada; Elder flowers from South Africa;



phosphorous from the Desert of Sahara; palm twigs from Palestine; burnt Scianna from Primrose Hill; rock rose and stinging knettle from Slaphōm common and a hundred other active medicinal virtues from both hemispheres all powdered up together in a very concentrated form.

"Every year, Ladies and Gentlemen, I spend 15 months abroad in personally superintending the preparation of my wonderful medicines and if you were to ask me what they are good for, I would tell you that they are good for everything. They will make the blind to walk, the lame to hear, the deaf to speak. They will even bring the dead to life again provided there is breath left in the body and none of the parts missing. I therefore hold up this bottle for your inspection but I will not tell you the price of it until I have read to you a few choice testimonials which are as follows.

"(1) Dear Sir, I had my head smashed with a quart part, cured with one bottle. (2) Dear Sir, I had the buffer of a railway carriage run into my stomach. It had to be extracted by means of a steam crane, cured with one bottle. (3) Dear Sir, I was jammed into a pancake between two fat women in a crowd. I was taken to the hospital unconscious. After a regular dose of your medicine before breakfast every morning I am now as round as a bullet. Your excellent medicine, however, failed to restore my watch and chain. (4) Dear Sir, happening to take a walk during the recent dynamite explosions I was blown into 10 000 fragments. My right hand was picked up in St. James Park. One of my legs found its way down to Woolwich. My head was found in Piccadilly and my body in descending blocked up the funnel of a

penny steamer as it was passing under Waterloo Bridge. I was taken to the hospital unconscious and discharged as incurable. But after taking one bottle of your medicine I am now as well as ever I was.

Ladies and gentlemen having now read to you 500 testimonials of the most questionable character, I shall keep you in suspense no longer but proceed to inform you that the price of my medicine, Government Stamp and income-tax included is only 5.00 per bottle. Now I charge you nothing for the bottle but I also present to you with a concise history of my own life and extraordinary career abroad as re-printed by permission. I attended all the important races, fairs, and markets not forgetting the White Chapel pavement. But to-day being my birthday it is only by an extraordinary freak of nature that I am here at all. In conclusion, I would beg you not to neglect this golden opportunity of purchasing my medicines. I can therefore do no more than exhort you to consult your own welfare and to take care of your feeble health, feeling sure that if you should go home to-night and die before morning, you would be blaming yourselves for ever afterwards for not having purchased my Oriental Restorative Medicines."

Finally Sri Swami Sivanandaji said "The boasting Quack did not sell anything. Do not boast. Be humble and simple. You will have much success."

### INTERVIEW

Just on leaving the office a Sannyasin asked Swamiji for an interview.

"You do not need an interview. Have Antar view," remarked Sri Gurudev. By this remark Swamiji meant, one must turn one's gaze inward.

# Shraddhanjali

(HOMAGE)

## A LIVING EXAMPLE OF THE ANCIENT TRADITION:

Dear Friends and Brothers in the Holy Dharma, in this month is the Jubilee Day of the birth of His Holiness Sri Swami Sivananda Maharaj. He is a living example of the ancient tradition of the Aryan Hindus. He is an eclectic in his teachings abounding with references to other religions. His Foundation, the Divine Life Society has now more than 300 Branches in India and in other parts of the world. The Society carries out a continuous programme of spiritual work, under the guidance of Sri Swami Sivananda, the Yoga-Master. Best wishes in the name of all Hungarian Buddhists. Peace to you and to all beings.

—Ven. Dr. Sri Ernest Hetenyi,  
Leader, Hungarian Buddhist Mission,  
Budapest, Hungary.

## TREASURE TO THE WORLD:

My Venerable Master, may I be one of those innumerable of your devotees who are anxious to tell how much they appreciate the knowledge of your teachings. Your wisdom is a great treasure to the whole world. That made me know you and your teachings. Spiritual India is personified in you and therefore let me present to you all my sincere wishes that you would continue for many more years your sacred work which is a great blessing for me personally and for all those who are happy enough to make your spiritual acquaintance.

—Sri Charles Drska,  
Rtd. Editor, Praha,  
Czechoslovakia.

## COUNSEL TO THE WORLD:

To Your 75th Birthday, my dearest Brother and Father, the World Cultural Council, as the Brotherhood of the great spiritual leaders in the world send Your Holiness, the fraternal and devout Greetings. May God bless Your Holiness, and give you a long time to live and to see that you as an old brother of our Council can counsel the future World Government.

—Prof. Sri F. Rasenberger-Koch,  
World Spiritual Council,  
Berlin, Germany.

## INCARNATION OF THE GREAT POWER:

On behalf of the Divine Life Society, Rhodesian Branch, I congratulate our Beloved Gurudev. I was fortunate to be at the Feet of our Gurudev last year during the Silver Jubilee celebrations of the Divine Life Society. During my stay at the Master's Feet for 21 days, I have learnt a lot of spiritual lessons from Gurudev's personal contact. He is indeed a great Master and a true incarnation of the Great Power which very few can see and realise. His motto of Serve, Love, Give, Purify, Meditate and Realise is not in theory but is a practical example by Gurudev Sivananda. May the world continue to benefit from his teachings, his precepts and his example.

—Sri Mangalal K. Chouhan,  
Divine Life Society,  
Que Que, S. Rhodesia.

## PERFECT MODEL OF LIFE:

The Holy of holies came to me as Guru, Swami Sivananda. In our unstable life of



today all the people of the world must listen the Voice of the purity of our Saintly Master to form greatest spiritual power to destroy the strength of evil. By the words of our Master and his perfect model of life, the world today is able to draw inspiration. If I have the strength to speak to the multitude, I will use these few words: "Open your eyes and follow the Master". My highest desire in life is to be at the Master's Feet and imbibe all his teachings.

—*Srimati Simonne Billaudeau,*  
*Boston, USA.*

### A SPIRITUAL GENIUS:

His Holiness Swami Sivananda is a Spiritual Genius and a great humanitarian. The impact of the Swamiji's super life, lofty teachings, profound and prolific writings on his day and generation is incalculable. The effulgence of the Swamiji's spiritual genius will continue to illuminate forever the pathway of those aspiring to the Divine Life. As a star of the first magnitude in the spiritual firmament, Swami Sivananda raises mankind from the cesspools of materialism to the supernal heights of Divine Being. May the Lord grant the Swamiji a long sojourn amongst us so that he may continue to be our Beloved Councillor, Adviser and Friend.

—*Dr. Sri B.A. Longfield, J.P. Ph.D., M.B.*  
*Melbourne, Australia.*

### GREAT SPIRITUAL VALUE:

Swami Sivananda is remembered in Italy by all. He sends us literary works and messages to our Congress. His high thoughts are of great spiritual value. We are highly indebted to the honourable, noble and illuminated Sage. We wish him full-

ness of success, prosperity, long life and final beatitude.

—*Sri Renato Damiani,*  
*Universala Ordeno de Antares*  
*Italy*

### OUR MAIN SUPPORT:

On behalf of the W.R.I. Group and students of our School, we salute you from the bottom of our hearts. We heartily congratulate you on your 75th birthday. Our faith in the Divine Life Society to bring real peace and strength to the people of Japan grows stronger. More and more people of the world will be able to follow your holy work, and find out their genuine happiness in their perfect reform, through the precept of Divine Life. Our loving thoughts and prayers are with you all the time in your great work. Your noble teachings give us energy and strength, and it will bring us to be born anew and the providence of the Light. You are the harbour of the Light for us. You always helped us to repeat the essence of all religions and we have attained the ultimate truth. You are the home of all faiths for us. You are surely our support.

—*Sri M. Sadayasu,*  
*W.R.I. Group,*  
*Kyoto, Japan.*

### SERVICE TO HUMANITY:

We feel it our greatest honour to tender our heartiest congratulations to your distinguished Leader and your Institution. Dr. Taniguchi is acquainted with Sri Swami Sivananda's deep thought and brilliant work through his many writings full of wisdom and intuition. We all sincerely wish that the wonderful services of your institution

o humanity will grow more so that the  
peace will come into everyman's heart.

—*Sri Masakichi Nakabayashi,*  
*Chief of Liaison,*  
*Seicho-No-Ie,*  
*Tokyo, Japan.*

#### YOUR GLORY AND MIRACLES:

Your wise and luminous precepts,  
Enlight the souls of Your adepts.  
Whoever seeks your heavenly advices,  
His soul spiritually rises!

Happy are those who have seen Your  
Holy Face  
And have heard your blessed voice!

All the sick and the afflicted persons  
say:

"By the influence of H.H. I am cured  
and happy,  
"Like a balm on me was poured!"

Our Beloved Guru, we all  
Wish you, many happy returns,  
Your admirers and disciples  
Will see your glory and many miracles.  
Blessings from the Lord to You,  
During 120 years through!

—*Sri Eva Kremer,*  
*Egypt.*

#### FOR LIBERATION:

Our great liberated Being can guide  
the suffering and tormented humanity, into  
a brighter future. As to the most outstanding  
and universal Teacher of our times,  
Swami Sivananda, the destroyer of ignorance,  
we are sending our best thoughts, so  
that another quarter of a century can pass  
with our beloved world Leader in our midst  
and this will be the greatest blessing for  
all of us in this nuclear and space age. With  
the Swamiji's blessings, all will reach perfection  
and liberation.

—*Sri J. Fister, Ph.D.,*  
*North Queensland, Australia.*

#### AN OUTSTANDING SPIRITUAL

##### LEADER:

We realise the great spiritual influence  
of Sri Swami Sivananda, an outstanding  
spiritual leader, is Wielding and releasing  
upon humanity. His devotion, his breath  
of understanding, patience and persistence  
in trying to awaken man to reclaim his  
dormant spiritual heritage are deeply appreciated.  
We must translate the principles  
and ideals that motivate and sustain Sri  
Swami Sivananda into practical actions and  
lasting spiritual achievements.

—*Dr. Sri Louis Hlavacek, M.D.,*  
*Chicago, Illinois.*

#### NEAR TO THE HEART OF HUMANITY:

Your noble and outstanding personality  
well known throughout the world has  
brought you near the heart of god-minded  
humanity. The time is near when this  
plagued world will need the guidance of  
you and the great religious leaders of India.  
You have successfully pioneered your life  
for the well being of ailing humanity. May  
God add many happy and fruitful years to  
your physical well being.

—*Dr. Sri Hugu E. Happacher,*  
*Ecuador, S.A.*

#### A LIVING MONUMENT:

Swami Sivananda is a living monument  
of all that is basically good in human nature.  
He is the light-house of this Earth.  
May he be blessed with fine health to carry  
on his noble humanitarian mission for many  
more years.

—*Sri Nadasan Mudali,*  
*Redhill, Durban.*

—*Sri I. Milsiter,*  
*Coomo, Australia.*

—*Sri George Schuster,*  
*Bayreuth, Germany.*

—*Sri J.P. Bastiou.*

—*Sri C.V. Ravi.*



## INEXHAUSTIBLE FOUNTAIN OF LOVE: GOD INCARNATE OF THIS AGE:

Although the distance between sunny Rio de Janeiro and the snowy Himalayas is very great, they have become quite close through the teachings of Swami Sivananda. As one of the fortunate beings who have benefited by these teachings, I hereby join the thousands of voices throughout the world in paying homage to the Master. The motto of this Great Mahatma is: "Love, Serve, Meditate, Realize". This motto could really be resumed into one single axiom: "Love". Let us serve others without attachment, let us meditate in order to find within ourselves the inexhaustible fountain of Universal Love which will lead us to Self-realisation so that, thus strengthened, we may become pure instruments of this Divine Love. It is the same Love that moves us to pray to God.

—Sri Helena Freire,  
Sivananda School of Yoga,  
Rio de Janeiro.

In our midst is the greatest Sage—God Incarnate of this age, who helps us every minute of our lives. It is only through His grace and continual love that we can achieve great heights in all spheres of life. Swamiji's greatness lies in teaching us to emulate the perfect qualities seen in Him, such as graciousness, thoughtfulness, compassion and ever ready to listen, guide and instruct his erring followers. May Swamiji's guidance and inspiration illumine our lives to attain the final goal of God-realization and may the world throughout be enlightened.

—Srimati Gyaneswari,  
(alias Jessica Bernice),  
Johannesburg S. Africa.

## RELIGIOUS CALENDER

(Sivanandashram)

## OCTOBER, 1961

- 5 Ekadasi
- 7 Pradosha Puja
- 9 Mahalaya (Pitri) Amavasya
- 10 Navaratri Puja begins
- 16 Sri Saraswati Avahana
- 7/18 Navaratri Puja ends
- 19 Vijaya Dasami
- 20 Ekadasi
- 21 Pradosha Puja
- 23 Purnima; Rasa-Lila

## NOVEMBER, 1961

- 1 All-Saints' Day
- 2 All-Souls' Day
- 4 Ekadasi

- 5 Pradosha Puja
- 7 Narakachaturdasi
- 7/8 Dipavali Amavasya; Sri Lakshmi Puja
- 9 Govardhana Puja; Bali Puja; Go Puja
- 14 Sri Skanda-Shashthi (According to Tamil Calendar)
- 17 Sri Yajnavalkya Jayanti
- 18 Prabodhini Ekadasi
- 19 Utthana Dvadasi; Sri Tulasi Puja Chaturmasya ends
- 20 Pradosha Puja
- 21 Sri Vaikuntha Chaturdasi
- 21/22 Purnima; Sri Guru Nanak Jayanti

## Navaratri Puja

The Navaratri Puja or the nine-day worship of the Divine Mother in her three aspects, namely, Durga, Lakshmi and Saraswati, will be performed at Sivanandanagar from October 10 to 18.

Two special worships will be conducted daily, including Havan. The night worship will be combined with Satsang. There will be Parayana of the "Durga Saptasati" and recitations from other appropriate scriptures, discourses appropriate to the occasion and study of Sri Swami Sivanandaji's writings on the worship of the Divine Mother, besides music performances and Devi Sankirtan.

All devotees are welcome to attend the Navaratri festival and participate in the common worship, with previous intimation to the Secretary, Divine Life Society. The Viswanath Mandir will also offer worship on behalf of those who are unable to participate personally, on request.

*Secretary, Divine Life Society, P.O. Sivanandanagar, Via Rishikesh, U.P.*

## 45th All-India Yoga-Vedanta Conference

The 45th All-India Yoga-Vedanta Conference, also known as the 45th Divine Life Sadhana Weekend, will be held at Sivanandanagar, Rishikesh, during the last four days of the Navaratri Puja, i.e., from October 15 to 18.

The 25th session of the All-World Religions Federation and the 23rd session of the All-World Sadhus Federation will also be held during this period.

All functions will be conducted under the general guidance of Sri Swami Sivanandaji Maharaj.

All spiritual seekers are welcome to participate in the programme given below.

Voluntary contributions for the occasion will be thankfully accepted.

### COMMON FEATURES

- |                         |  |
|-------------------------|--|
| 4.30 a.m. to 5.30 a.m.  | Common prayers, group meditation and Japa, followed by a short discourse on the practice of meditation and sadhana.  |
| 5.30 a.m. to 6.15 a.m.  | Demonstration of Yoga exercises.   |
| 9.00 a.m. to 10.30 a.m. | Devi Puja at Bhajan Hall and Havan.  |
| 7.30 p.m. to 10.00 p.m. | Satsanga: Discourses on general spiritual topics, music performances, Sankirtan, recitation of Stotras, study of "Devi Mahatmya" and concluding Devi Puja. |



## OCTOBER, 15, SUNDAY

- 9.00 a.m. to 11.00 a.m. Study of the Bhagavad Gita, and discourses on the Yoga of Synthesis.
- 3.30 p.m. to 4.00 p.m. Mantra-writing.
- 4.00 p.m. to 6.00 p.m. Discourses on Karma Yoga.

## OCTOBER 16, MONDAY

- 9.00 a.m. to 11.00 a.m. Discourses on Bhakti Yoga.
- 3.30 p.m. to 4.00 p.m. Mantra-writing.
- 4.00 p.m. to 6.00 p.m. 23rd session of the All-World Sadhus Federation and discourses on the ideals of spiritual life.

## OCTOBER 17, TUESDAY

- 9.00 a.m. to 11.00 a.m. Discourses on Raja Yoga, mind-control and spiritual experiences.
- 3.30 p.m. to 4.00 p.m. Mantra-writing competition.
- 4.00 p.m. to 6.00 p.m. 25th session of All-World Religions Federation, and discourses on the practical aspects of religion and their usefulness in the life of man.

## OCTOBER 18, WEDNESDAY

- 9.00 a.m. to 11.00 a.m. Saraswati Puja, music performances, Sankirtan, Bhajan and Mantra-Diksha by Sri Swami Sivanandaji.
- 3.30 p.m. to 4.00 p.m. Explanation of the Yoga Museum.
- 4.15 p.m. to 6.00 p.m. Discourses on Jnana Yoga and the four means of Sadhana.

## THE "DIVINE LIFE" SUBSCRIPTION RATES

The annual subscription for *The Divine Life Magazine* is Rs. 4.00; for two years Rs. 7.00; and for three years Rs. 10.00. Annual membership fee of the Divine Life Society is Rs. 2.50 (for which the monthly journal, *Wisdom-Light*, is supplied), and the admission fee is Rs. 5.00 (for which a copy of Swami Sivananda's *Essence of Yoga*, a rosary, etc., are provided).

## Sivananda's Adhyatma Sutras

(In Spanish by Sri Susano Ortiz, Mayaques)

1. Los cobardes nunca podran realizar a Dios.
2. Deja que tu vida sea una prolongada oracion, dedicada al servicio de Dios a través del servicio a tus semejantes.
3. Los intereses personales groseros constituyen la raiz de toda miseria.
4. Se encuentra el silencio en tu propio corazon.
5. La felicidad esta en el desapego.
6. El contentamiento consiste en vaciar el corazon de toda impureza y de todo deseo.
7. No esperes nada, y no sufriras desenganos.
8. El sendero de la virtud es el punto senero del deber.
9. Dios sabe lo que te conviene. Cumple con tu deber como un depositario de lo Divino, no como un propietario.
10. No culpes a otros. Todo sucede por tu bien.
11. Una mente pura es tu mejor amigo.
12. No odies a nadir. No humilles a nadie. No ofendas a nadie. El mismo Senor mora en todos los seres. mismo.
13. Al ofender a otros, te ofendes tu mismo.
14. Cuidate de tus pensamientos; tu vida se cuidara de ella misma.
15. Es un pecado estar satisfecho de si mismo. Sin embargo al cerrarle el paso al progreso y a la introspeccion, se le da entrada al proceso de degeneracion.
16. Ninguna religion es superior ni inferior. Lo que es bueno para uno, puede que no lo sea para otro.

## Precepts for Practice

(In German from the "Yoga")

### MEDITATION

*Saguna-Meditation.* Nehmen Sie in einem abgeschlossenen Raum *Padmasana*- oder *Siddhasana*-Stellung ein mit geschlossenen Augen. Konzentrieren Sie sich auf das Bild Krishna's, des Herrn, in Ihrem Herzen. Erzeugen Sie die Vorstellung, daß Vishnu mit seinen vier Händen inmitten eines flammenden Lichtes dort sitzt, mit Muschelschale, Diskus, Szepter und Lotos. Stellen Sie sich das Bild lebhaft vor Augen. Schauen Sie die gelben, seidnen Ornamente seines Halses, seiner Ohren, Hände und Arme, die Krone auf seinem Haupte, Muschelschale, Szepter, Diskus und Lotos, und endlich seine Füße. Beginnen Sie die Vergegenwärtigung des Bildes von vorne. Wiederholen Sie im Geiste *Om Namó Narayana*. Erwecken Sie Andacht in Ihrem Herzen. Opfern Sie als innerlichen Kult Blumen, Sandelpaste, Weihrauch, Kampferlicht und anderes.

*Nirguna-Meditation.* Diese können Sie sitzend, stehend oder gehend verrichten. Für Anfänger ist jedoch sitzende Stellung empfehlenswert. Wiederholen Sie *Om* mit Andacht und Verehrung. Bekräftigen Sie: *Aham Brahmasmi*—Ich bin Brahman, indem Sie physischen Leib, Geist (*mind*), höhere Vernunft (*buddhi*), und das Ego-Prinzip (*ahamkara*) mittels der *neti neti* ("Nicht dies nicht dies")—Lehre verleugnen. Negieren Sie die Welt. Verbinden Sie die Vorstellung der Reinheit, Vollkommenheit, Unendlichkeit, Ewigkeit, Unsterblichkeit, Allgegenwärtigkeit, des *satchidananda* (Sein-Erkenntnis-Seligkeit) und der Einheit aller Existenz mit der *Om*-Wiederholung. Dies ist *Nirguna-Meditation*.



## Conseils Pour la Meditation

(French translation by Princess Sri d'  
Arenberg)

### La Conquete de l'esprit.

Si des pensees mauvaises penetrent en votre esprit, n'usez pas de votre force de volonte pour les chasser. Vous ne feriez qu'y perdre votre energie. Vous mettriez votre vouloir a l'epreuve. Vous vous fatigueriez. Plus les efforts que vous faites sont grands et plus les pensees Mauvaises reviendront Avec une intensite redoublee. Elles reviendront aussi d'autant plus vite. Elles deviendront plus puissantes. Demeurez donc indifferent. Restez tranquille. Elles passeront bientot. Ou bien, substituez-leur de bonnes contre-pensees. Ou encore, pensez a l'image de Dieu et repetez verbalement votre Mantra. Ou bien prier.

Ne passez jamais un jour sans mediter. Soyez regulier et systematique. Les fruits et le lait aideront la concentration mentale. Essayez de renoncer a la viande, aux poissons, aux oeufs, au tabac et aux liqueurs.  
*Comment vaincre les obstacles.*

Si vous vous sentez somnolent, chassez cette somnolence en aspergeant la figure d'eau froide. Tenez-vous debout pendant un quart d'heure. Faites quelques series de Pranayama (respirations). Faites Sirshasan (pose, voir Cours C 3) pendant une minute. Par ces methodes, vous pourrez combattre le sommeil.

Si le soir, vous ne prenez pas de nourriture lourde, consistant en fruits et lait, le sommeil ne vous incommodera pas pendant votre meditation matinale. Soyez circonspect quant au choix de vos compagnons. Renoncez a aller au cinema. Parlez peu. Observez Movna (le silence) pendant deux heures par jours. Ne frequentez pas des personnes indesirables.

## Kitab Sutji Sivananda

(Indonesian from "Sivananda Spray  
of Light")

1. Djalan kearah Allah terletak melalui hati.
2. Agama dinjatakan paling baik dengan djalan peradaban dan moral.
3. Kebaikan harganja, Kesenangan upahnja.
4. Mengalahkan tjipta adalah kemenangan jang paling besar.
5. Allah adalah satu didalam segala apa, dan semuanya didalam satu.
6. Membatasi Allah jalah tidak men-gakui Beliau. Tetapi beliau dapat ditjapai dengan mempraktekkan kebaikan, kepatuhan diri, tanja-menanja pada diri sendiri dan meditasi.
7. Teladan ada lebih baik dari pelad-jaran. Teladan jang diam ada lebih baik dari pada teladan jang di gambar-gembor-kan.
8. Pikiran menjatakan perangai; perangai mendjalankan perbuatan; perbuatan menetapkan hari kemudian.
9. Manusia, kamu seorang jang berziarah disini. Dunia ini adalah balai pengu-ruan tinggi jang sangat besar.
10. Tudjuannja satu, djalanannja ada banyak. Djalanandjalanannja djangan sam-pai berlawanan.
11. Penjakit membanggakan diri dan merendahkan diri adalah hasilnja kebodo-han (ketidak-tahuan).
12. Orang jang akan memperbaiki orang lain, perbaikilah dirinja sendiri lebih dulu.
13. Segala pekerdjaan adalah sutji. Bekerdja jalah memudja.
14. Keburukan tak dapat dihalaukan, tetapi mempraktekkan kebaikan akan men-gurangi keburukan.

## ஸ்ரீ சுவாமி சிவானந்தர் அருவிய பழமொழிகள்

மொழிபெயர்ப்பாளர் :

ஸ்ரீ எஸ். சச்சிதானந்தம் பிள்ளை சென்னை  
(Swami Sivananda's Proverbs Translated into Tamil  
by Sri Satchidanandam Pillai, Retired Registrar of  
Annamalai University)

### அத்தியாயம் 1.

1. கடவுள் எழில் காணாத கண் குருட்டுக் கண்ணை.
  2. துன்பம் நம் கண்ணைத் திறக்கும் துணையாம்.
  3. துன்பமுன் மௌன ஆசிரியனுய்த் துணை செயும்
  4. சமயம் என்பது பிரம் சாக்ஷாத்காரம்.
  5. சமயமில்லா வாழ்க்கை சாவேயாகும்.
  6. எதை நீ விடினும் இழக்கேல் நின் கொள்கையை
  7. சாரம் அற்றதில் வலகம் என் றுணர்;
- சாரமாயுள்ளது சத்தாம் கடவுளே.
8. ஆத்மாது பூதிக்காம் திறவுகோல் ஒழுக்கமே.
  9. வாய்மை ஞான வாழ்வின் ஆரம்பம்.
  10. ஆத்மா அனையதோர் அரும்பொள் பிறிதிலை.
  11. சம்சாரம் என்னும் சாகரம் கடக்க
- சத்சங்கம் என்னும் ஓடமே தக்கதாம்.
12. சினம் போல் பகைவன் செகத்திற் பிறிதிலை.
  13. துன்புபோல் ஆசான் சொல்லப் பிறிதிலை.
  14. ஞானகுருவைப் போன்ற நண்பர் பிறர் இலர்.
  15. பிரமத்தைப் போன்ற உறைவிடம் பிறிதிலை.
  16. சுத்தத்தைப் போன்றதாய்ச்
- சொல்லற்கோர் அறமிலை.
17. செருக்கினைப் போன்றதோர் தீமை பிறிதிலை.
  18. அழியா ஆன்மா யானென் றுன்னாக;
- அழியா ஆன்மா ஆகுவை நீயே.
19. ஆயுள் சுருக்கம். அதன் நாள் பறக்கும்;
- ஆன்ம அநுபூதி பெறுக அதற்குள்.
20. இருதய சுத்தம் இறைகோயில் வாயில்.
  21. உயர்நிலை உள்ளாக, துறக்க, தியானிக்க.
  22. நல்லவனுயிரு, நல்லதையே செய்.
  23. அன்போடிரு; பிறர் அல்லத்தீர்; கருணை கொள்
  24. ஆய்வன ஆய்க, அறிக நீ நின்னையே.



25. சிரவணிக்க; சிந்திக்க; தியானிக்க; உணர்க.
26. எந்த நேரத்திலும் இறைவனை மறவேல்.
27. நற்செயல்களையே நாள்தோறும் செய்க.
28. ஆக்கைக்குணவு அவசியம்போல் இறைவனை நோக்கிய பிரார்த்தனை அவசியம்—உயிர்க்கே.
29. சீவியத்தின் சாரம்தான் நலங்கருதாச் சேவை.
30. வாழ்க்கையின் உணவு மன்னுயிர்க்கெல்லாம்  
சேவை.
31. வாழ்க்கையின் நீர், மன வாக்கியத்தாய்மை.
32. வாழ்க்கையின் மையம் மலைவிலாத்தியானம்.
33. உயிர்கள்பால் சமதரிசனமும், உனக்குறும்  
துயர் இன் பொன்னுய்த்தொன்றும்—நிலையும்;  
பூசனைக்குரிய பொன் மலர்களாக கொண்டு  
நேசமோ டிறைவனை நீ வழிபடுக.
34. வீரனே மேற்செல், விழியனைத் திருப்பேல்.
35. நன்னம்பிக்கையே நாதனைக் காண்கண்.
36. ஆன்மா நுபூதியாம் ஆலயத்தில், முதல்  
துணை நிற்பது தூய சற்சங்கமே.
37. ஆண்டவன் உலகினில்உனை அடைவிப்பது  
பிரார்த்தனை..
38. முடிவிலாப் பிறவிக்கு மூலவித்து ஆசையே.
39. பக்தியே சாதனம், பக்தியே சாத்தியம்.
40. ஆண்டவன் அருளை ஆசாரியன் உருக்கொளும்
41. இறைவனைத் தரிசுத்தல் இறைவனையாதல்.
42. சிவபோத நாசுத்தல் சிவபோத நிலை அரும்பும்.
43. திமை இருப்பது நன்மை சிறப்பிக்க.
44. வேகவுணர்ச்சியும் விமலா நுபூதியும்  
ஏகமன்று இருவேறு இயற்கையவாகும்.
45. இருதய குகையில் இருப்பது ஏகாந்தம்.
46. உலகப் பற்றில் உறுவது சுயநலம்.
47. தெம்புஉளம் பறத்தால் சித்தியாது விடுதலை.
48. கடவுளைக் காணாதான் சண்ணிலாக் குருடனே.
49. வேற்றுமை உணர்ச்சியை வினைப்பன  
யாவையும் போற்றாது தாண்டிப் போவீராக.
50. அறிபவன், கேட்பவன், காண்பவன்  
இவர்தமை அறிக ஆராய்ந்து, அறிக அறிக.
51. உலகம் கடவுளின் உருவம்.
52. துறவு புலப்படுத்தும் தூயமன உறுதியை.
53. விழிப்பினால் சாக்ரதைத் தன்மை விளையும்.

54. கடவுட்குன் மனமும் வேலைக்குன் கையும்தா.
55. மவுனமே சிறந்த வாக்கு வல்லமையாம்.
56. கடமை நிறைவேற்றலால் ஒழுக்கம் உரம் பெறும்.
57. ஒன்றே சமயம் உளது, அன்புச் சமயம்.
58. கஷ்டம் உள்ளி நுக்கும் நன்மையைக் காட்டும்.
59. பிறரை எள்ளிச் சிரித்தல் பேதமை—  
பிறரோடு நகுதல் பெருமான் குணமாம்.
60. இறைவன் அழைப்பிற்கு இரு ஆயத்தமாய்.
61. இறைவன் பலவ்கொண்டிரு பலவாலாய்.  
2. நல்லவனானபின் நற்சுகம் எய்துக்.
63. இசுக வாய்ப்புணக் கில்லாதபோது  
அக பக்தி ஆண்டவன்பால் உனக்கரும்பும்.
64. பயன் கருதாப்பணி பரம்பொருளிடத்து நீ  
இயைந்தொன்றும் விடற்கு ஏற்ற சாதனமாம்.
65. அடியார் இணக்கம் நின் ஆன்மிகப் போர்வலி  
நெடிது குறைக்கும் (நிஜத்துணையாகும்).
66. கடவுளை நம்பு கறையிலா நன்மை செய்.
67. ஆன்மீக வாழ்க்கைக்கு அடிப்படை ஒழுக்கம்.
68. மோன சக்தி முன் மூகையாம் பேச்சு.
69. தடைகள் வருவது தாண்டி மறையவே.
70. பிரார்த்தனையிலிருந்து பிறக்கும் அற்புதங்கள்.
71. குருவானை மீறல் உன் குழிதோண்டலாகும்.
72. ஞானி எஞ்ஞான்றும் நலம்விளை ஆசியாம்.
73. ஞானியின் உள்ளம் நல் அழகின் கோயில்.

## அத்தியாயம் 2.

1. ஞானமே சாதனம்; ஞாலப் பொருளில்ல.
2. காலப் போக்கு கஷ்டங் களழிக்கும்.
3. பாவம் என்பது நீ பண்ணிய பிசகே.
4. அளவிலாச் சக்தியும் ஞானமும் நின் அகத்துள்.
5. சத்தியம், அன்பு, எழில், சற்குணம் எலாம் ஒன்று.
6. நம்பிக்கையின்படி நடத்தை நிகழும்  
எண்ணத்தின்படி ஏற்படும் குணமே.
7. உள்பொருள் இல்பொருட் குள்ள பேதத்தை  
உள்ளவாறு அறிதிறன் உண்டாக்கிக் கொள்.
8. ஆத்மாநுபூதியே வாழ்வினால் அடைபயன்.
9. யாத்திரா வாசியாகவே இங்குளாய்.
10. அழியா வீடுனக்காவது பிரம்மமே.



11. பிரமச்சர்யம் தெய்வீக வாழ்க்கை.
12. பிரபஞ்சம் பொய்ப் பொருள்; பிரமமே  
மெய்ப்பொருள்.
13. பிறப்பும், இறப்பும், பிணியும் துன்பமே.
14. பிரியமாம் பொருள்களைப் பிரிதல் துன்பம்.
15. பற்றினால் விளைவதே துன்பம் இப்பாரினில்.
16. பற்றே மரணமாம் பயனை விளைப்பது.
17. பற்றின்மை அழிவிலாப் பதவியை  
அளிப்பதாம்.
18. பேராசை என்பது நோய், விசனம்,  
பிறப்பு மாறு மரணம் இவற்றின் மாகாரணம்.
19. அஞ்ஞான நோயை அகற்றும் ஞான  
மாத்திரை.
20. நலம் தீங்கு என்பவை நம்மனத்து உதிப்பதே.
21. மனம் சுத்தமடையின் அஃதுன் மாசுஒழி  
குருவாம்.
22. பரம்பொருளோடு ஒன்றப் பதைக்கும்  
வேட்கையோன் மரணமில் வாழ்வெனும்  
அழுதம் மாந்துவோன.
23. ஓராடிப் புலனிற்பத் தொடுக வந்திருக்கும்  
வேறு பதினைந்தனு என வினை துன்பம்.
24. ஒவ்வொரு கஷ்டமும் தோல்வியும் உன்  
நம்பிக்கை செல்விதோ எனக்காணச்  
செய் சோதனையே.
25. ஒவ்வொரு நோயும் ஒருவினைக்கழிவரம்.
26. சோதனை எலாம் உன் திடம் சோதிப்பதாம்.
27. இன்ன நிகழ்ச்சி, நீ இறைவன்பால் வைத்துள  
நன்னம்பிக்கையைச் சோதிக்கும் நடப்பாம்.
28. உன் செயல் அற்ற நிலையில் உளது உன் பலம்.
29. தோல்வியில் உளது உன் வெற்றியின்  
சூக்ஷ்மம்.
30. இறுதியும் தோற்றமும் எல்லாம் கனவுகள்.
31. (அமித) சந்தேகம் அதிக பாதகம்.
32. “நான் இவ்வுடம்பு” எனல் நனி பெறும்  
பாதகம்.
33. வாழ்க்கையின் வண்ணம் வெற்றிகள் கோவை.
34. ஊனார் உடல்நசை ஒழித்தரும் அன்பையே.
35. சீவபோதத்தைச் சிதைத்துச் செயிப்பது  
கொள்கைக்காக வயிர் கொடுத்தலினும்  
சிறந்ததாம்.

36. செயல்களை நோக்குவான் மனிதன்; தெய்வம்  
செயல்களின் நோக்கத்தைச் சீர்தூக்கிப்  
பார்க்கும்.
37. உலகில் வாழ்க்கை ஒரு ஞானப் பள்ளியாம்.
38. சமுதாயம் அழகிச் சாகா வண்ணம்  
அழக உப்பெனக் காத்து அளிப்பவன் ஞானி.
39. மாறுதலடைதல் உயிர் வாழ்க்கையடிப்  
படையில் சாரும் உண்மை என்று சாற்றலாம்.
40. மனிதன் அடிப்படைத் தத்வமா தெய்வமே.
41. ஆசுதோய் அறிவு அனிக்தையாகும்.
42. ன்ண்ணிலிருந்து வீழ்பவோ தடைகள்—  
பண்ணுவோன் அவற்றை நீயே பாராய்.
43. உலகம் ஒருபெருஞ் சத்திரம், உணர்ந்து  
விலகி உன் வீடு திரும்பு பயணம் செய்.
44. பாடம் வாழ்க்கையில் படிக்குமா பல்கலைக்  
கடம் இவ்வுலகெனக் கொள்ளுக நீயே.
45. அரிய நல் எண்ணங்கள் அம்புகள் போல்வன  
உரிமையால் அவை உளம் ஊடுருவுதலால்.
46. நல்லெண்ணங்களை நாடி ஏற்பையேல்  
நல்லவன் எனவுனை மதிக்குமவை நன்றே.
47. மிகைபடப் பேசில் உன் பொழுது வீண்  
கழியும்.
48. அறிவிலா தாரை நீ அறிதல் வேண்டா.
49. நனவில் கனவு நந்தம் வாழ்க்கை.
50. உண்மைப் பண்பாடு ஊனமில் சிந்தனை.
51. இறப்பின் காரணமபுலன் இன்ப நுகர்ச்சியே.
52. இன்பமே துன்ப எழுச்சிக்குக் காரணம்.
53. நீயிருக்கின்றாய் எனில் கின்மலனும்  
இருக்கின்றான்.
54. சுழுத்தியின் விழிப்பெனச் சொல்லாம்  
பிறப்பை சுழுத்தியை போல்வதெனச்  
சொல்லாம் இறப்பை.
55. விசாரி, உண்மை காண்; மீட்க நின் சொருபம்.
56. என்றும் மாணவனாய் இரு.
57. ஒன்றாகக் காண்பதே உயர் வாழ்க்கைத்  
காட்சி.
58. தெய்வீக வாழ்க்கையே வாழ்க்கைத் திருநெறி.
59. அன்பே வாழ்க்கையின் அறநெறியாகும்.
60. ஒற்றுமை அதுவே வாழ்க்கையின் உண்மை.



61. மன்னுயிர்த்தொண்டே வாழ்க்கையின் சாரம்.
62. சுவாதுபூதியே வாழ்க்கையின் விழுப்பயன்.
63. பிறர்க்கா முரைத்தலைக் குறைத்துக் கொண்டு  
அறத்தை நின்செயலில் அநிகம் புகுத்து

### அத்தியாயம் 3.

1. உலகமிக்குளது ஒருபெரும் பள்ளி.
2. கடுந் துன்பத்தையும் கலங்காது ஏற்க;  
விழுப்ப வகதியை வெல்ல வீரமாய்ப்  
பொருதுக.
3. வரம்பிலாப் போகம் மனச் சாத்தியின்  
மாற்றான்.
4. இல்லா கலக்கள் இருப்போல் கடியேல்.
5. பொருளினும் சிறந்தது பொருந்தும்  
ஆரோக்கியம்.
6. காமத்தைப் போன்ற கடுந்தீ இல்லை.  
சிறந்தகைப் போன்ற தீமையம் இல்லை.
7. துன்பம் மனமாக துடைக்கும் மாசுத்தியாம்.
8. ஆசையுள இடத்து அகச்சாந்தியில்லை;  
அகச்சாந்தியுள்ள இடத்து ஆசையில்லை.
9. அடக்கமாயிரு, ஆயின் அஞ்சாதம் இரு.
10. சாந்தமாயிரு, ஆயின் உறுதியும் சார்த்திரு.
11. இ. செ. வெ. "இன்றே செய்யவும் வேண்டும்.  
அதவும் இன்னே செய்யவும் வேண்டும்."
12. வாய்ப்பெதும் கிடைப்பின் வறிதே விடற்க.
13. பணிவொடிரு, ஆனால் பயமின்றியுமிரு.
14. எளியமையம் இரு, ஆனால் ஏற்ற சிந்திரியேல்.
15. உன் குறைபாடுகளை உன்னேல் அடிக்கடி.
16. தீமையம்சம் ஒன்றைத் தீர்க்க சீ விரும்பின்  
அதன் மாறான நன்மையை மனத்தில்  
உன்னுக.
17. மனத்தெழும் எண்ணக்களை மெனமாய்ப்  
பார்த்திரு.
18. உணவில் சுத்தம் உளச் சுத்த சாதகம்.

19. வாளின் துணையின்றி ஆளும் அன்பு அது  
கயற்றின் துணையின்றிக் கட்டிப் பிணிக்கும்.
20. நம்புவ தெதை நீ, அதையே சொல்லு  
சொல்லுவதெதை நீ, அதையே நம்பு.
21. மெத்தென வள்ள தலையணை போல்வது  
சுத்தம் எனச் சொலர்க்கு உரிய மனச்சான்று.  
அத்தலையணை உடைமோன் ஆனந்த—  
நித்திரை செய்வோன்.
22. சிங்கத்தின் தீரமும் யானையின் பலமும் கொள்.
23. “ஓக்”கு மரத்தின் உரனையும் இமயம் ஆக்கு  
பனியின் தூய்மையும் அடைக.
24. உண்மையாயிரு; ஊக்கத்தோடிரு.
25. தைரியமாய் இரு, உற்சாகத்தோடிரு. எடுத்த  
பணியை இடையில் விடாத உழை,  
அஞ்சாது மேற் செல்.
26. அவநம்பிக்கை அழிக்கும் மனத்தெளியை.
27. சகிப்புத்தன்மை சமாதான சாதனம்.
28. புறக்கண் மூடி அகவொளி காண்க.
29. அமைவாராய்ச்சி நிலத்து அரும்பும்  
மெய்யுணர்வு.
30. ஆராய்ச்சியின்மை அக்கும் பேதைமை வலை.
31. கெடுதி படர்வதைக் கண்டும் வரித: கிடப்பது  
சமுதாயத்தை மட்டம் தட்டும் சக்தியாம்.
32. நோய்பற்றி நினைப்பது நோயை வளர்க்கும்.
33. அன்பின் கொழிப்பாடே அறவின்னையாகும்.
34. மனிதன் உயிர்க்கதிர் மாபிரம்மாச்சர்யம்.
35. நற்குண மானிகை நாயகக் கல்லாம்  
முற்றும் உண்மை மொழிசெயல் மனங்  
கொளல்.
36. நம்மை கொல்லும் மனத்தை நாசம் செய்.
37. சிதையாக் கவனம் சித்த பலன் பெருக்கம்.
38. கஷ்டம், சித்ய சகாலயக் கதவருகே சேர்க்கும்.
39. இந்த நாள் நின்னதாய் இருப்பதுணர்க.
40. அக்கரை இன்மை அசதி வேளைக்கு வேர்.



41. புத்திசாலித்தனத்தின் புதல்வியாம் சிக்கனம்.  
 42. நலம் வருமென்னும் நம்பிக்கையாவது  
     உளம் துயர் தவிர்க்க உறுமருந்தாகும்.  
 43. அறவினை இன்பும், மறவினை துன்பும் தரும்.  
 44. ஒழுங்கு நடைமுறை ஒப்பும் நல் குணத்தை.  
 45. சமய வாழ்க்கைக்கு நல் ஒழுக்கமே சார்வழி.  
 46. ஆசையறுத்தலால் அமைவது சுத்தம்.  
 47. நியதிசார் வாழ்க்கையில் நிலவுவது அன்பு.  
 48. நாள் ஒவ்வொன்றையும் இறுதி நாள்  
     எனப்பற்றுக.  
 49. சாந்தியின் உயிர்நிலை சுகிப்பு, பொறுமை.  
 50. மேகக்ஷயாத்திரையில் காம்பல் முள்ளாய்  
     வீக்ஷணம் தருவது ஞானி மெய்ச்சரிதம்.  
 51. சோம்பல் மயக்கிச் சொருகும் நாசத்தில்.  
 52. வாழ்தலின் தன்மை வளர்ச்சியும் பரப்பும்.  
 53. சுருங்கல் மரணம்.  
 54. தற்பெருமையினால் தலைதாக்கும் செருக்கு.  
 55. கவலை என்பது வாழ்க்கையின் களிம்பு.  
 56. பாவத்தைப் பகை நீ; பாவியை அல்ல.  
 57. கோல்வி, வெற்றிப் பாதையில் துணை செய்யும்  
     ஒரு படி.  
 58. வளர்ச்சி கூர் முறையில் மனம் வழிக்கல்  
     தன் பாவம்.  
 59. ஞானியர் வாழ்க்கையில் நல்லுடை ஒழுக்கம்.  
 60. ஞானியர்க் கறிகுறி நற்சம் திருஷ்டியாம்.  
 61. வந்தே தீர்வன வரும்போது ஏற்க.  
 62. இருபதின்மர்க்கு அறவுறை இயம்பல் எளிது;  
     அவருள் ஒருவனாய் அதன்படி ஒழுகலோ  
     அரிது.  
 63. மனத்தை வெல் நீ, மானிலமெலாம்  
     வெல்லுவாய்.  
 64. தன்முனைப்பு அடக்கலே தலைசான்ற  
     வெற்றியாம்.  
 65. காமத்தைச் சுட்டெரி, காமம் உனை  
     அழிக்குமுன்.

66. இசைசக, இணங்குக, இயவிடம் தருக.
67. சிறிதே உண்க; சிறிதே பருகுக;  
சிறிதே பேசுக; சிறிதே உறங்குக.
68. எளியதாக்கு; தூய்மைப்படுத்து; உறைப்பு  
உணர்வு உயர்த்து.
69. பொறு அவமதிப்பை; பொறு வரும் துன்பினை
70. பற்றினை அகற்றுநற் பற்றினை பற்று.
71. பணம் வருவிக்கும் பற்பல தொல்லை.
72. ஆராயுமறிவு அளிக்கும் வெற்றியை.
73. பிறரைத் தக்கலிற் பெருவலி இலாமை  
வரும்எத் துன்பையும் தாங்க வலிதரும்.
74. சாந்த சமசிலை நோயெலாம் தவிர்க்கும்.
75. விவேக விசாரனை வினைக்கும் சமசிலை.
76. ஆசை மேன்மேல் ஆசையைப் பெருக்கும்.
77. “இடுக்கண் வருங்கால் நகுக”
78. அமித மனவுணர்ச்சியோன் ஐயம் புகுவான்.
79. ஆடம்பர வாழ்வு அழிக்கும்ஓர் சாபமாம்.
80. பணம் அபினி.
81. அதிகாரம் சாராயம்.
82. இன்பம் வருகற்குத் துன்பம் வழிகோலும்.
83. வாலிபம் என்பது மனத்தின் ஓர் நிலை.
84. காமவெறி வாழ்க்கை கன துன்பம் விளைக்கும்.
85. நீதியால் நேர்மையால் நிறையும்மனச் சாந்தி.
86. உள்ளீடிலா அன்பை உதரித்தள்ளும்  
தெய்வம்.
87. காசினை வீசுவன் ஏழாழன் கருணையோன்.  
வீசுவன் கல்லைப் பணவெறியனும் உலோபி.
88. உறக்கம் சோம்பிவினோடு உறவாடும்.
89. உன்வீட்டு வாயிலை முதலில் துப்புரவு செய்.
90. விரய வித்திட்டு நட்பெனும் கதிர் அறு.
91. பகலத்தை ரட்டு அன்பைப் பயிராகச் செய்
92. மனப்புண் ஆற்றும் மருந்து காலம்.
93. சோம்பேறி பிச்சைக்காரன் முன்  
சகோதரன்.
94. உழைப்பின்மை பசிக்கு உற்ற தாயாகும்;  
களவிற்கு வாய்த்த கண சகோதரன்.



95. மனத்தை வென்று ஆள்வோன் -  
மண்ணுலகையும் ஆள்வான்.  
96. பணிவுடைமை காந்த சக்தி படைத்தது.  
97. பற்றின்மை பயக்கும் பயமிலாத கன்மையை.  
98. பொறுமை என்பது ஓர் பொல்லாத கண்ணம்.

#### அத்தியாயம் 4.

1. நல்லதை நக் காண்க; நல்லதைக் கேட்க;  
நல்லதைப் பேசுக, நல்லதே செய்க.
2. அன்பெங்கிருக்கும் அங்கு தொண்டிருக்கும்.
3. சிறு சிறு நற்செயல் சேரின் பெருஞ் செயல.
4. பொன்னினும் பெருமதிப்புடையது பொழுது.
5. விநயம் விகைப்போற்கு நட்பு அறுவடையாம்.
6. பரிவுநாற்றிடுவோன் அன்புப் பயிர்  
சேகரிப்பான்.
7. நண்பர் எண்ணிக்கையைப் பெருக்க நாடாதே.
8. கடன் பெறத் தலைப்படிந் கழித்திடம் நட்பு.
9. இனிய பண்புடைமையை ஏற்றமார்  
சிபாரிசாம்.
10. கீழ்ப்படி பவர்க்குப் பிறர் கீழ்ப்படிவர்.
11. வணக்கம் காட்டலினும் வாலிது கீழ்ப்படிதல்.
12. தியாகந் தன்னிலும் சிறந்தது கீழ்ப்படிதல்.
13. அன்பே மாபெரும் அற்றல் இவ்வுலகில்.
14. உலகில் ஞாயாபட உலவுந் ஒத்துவாழ்.
15. சிறு சிறுநீர் தரத்தொடு சேரற்க.
16. துருவியாராய்ந்த பின் தொடங்குக நட்பு.
17. உயர்வு நவிர்ச்சி, பொய் சோடிப்பு. உண்மை  
திரித்தலிவை ஒழிக்க நின் பேச்சில்.
18. விலக்குக வேண்டாத விவாதங்கள் எல்லாம்.
19. மகான்கள் திருமுன்பு வார்த்தை மிகப்  
பேசேல்.
20. பிறர்க்கும் பகிர்க்களி பிறர்க்குநின் வளங்களை.
21. மென்மொழி வெற்றி அளிக்க தொழுகினும்  
வனமனந் தன்னை இளக வைக்கும்.
22. நியாயத்தின் நண்பன் நிலைத்த விசுவாசம்.
23. விநயம் ஈகைக்கு வேண்டிய சகோதரி.
24. சடன் வாங்குகலால் கவலை வளரும்.
25. கொடுமை பிறிதுயிர்க் கிழைப்பன் அதுதான்  
கடவுட் கிழைத்த கொடுமையாகும்.
26. நாட்டின் சிறப்பதன் நாரியர் கை வசத்தாம்.
27. கானல் நீர் போல்வதே காணும்  
செல்வமெலாம்.

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28. புனித அன்பே பொய்யிலாச் சேவை.
29. மானிட அன்பிற்கு மன்னும் உள்ளீடிலே.
30. உனதயல் வீட்டான் உனதான்மாவே.
31. செல்வம் என்பது மறைக்கும் திரையாம்.
32. தானதர்மங்கள் சேர்க்கும் தனமாம்.
33. உலகின்ப நாட்டத்தோர் வாழ்முறை  
உனம்; வீண்.
34. உன்பால் உள்ளதில் உயர்ந்ததைப் பிறர்க்களி.





To every man I say:  
"Regenerate yourself; Strive to be an Ideal Man"  
Soon a new Civilization will come to prevail upon earth.  
Humanity, wake up!  
Turn towards the Divine Light while there is yet time!  
—Swami Sivananda

3<sup>rd</sup> 15<sup>th</sup> October '61

Sri N. Ponniah,

Kula Lumpur.

Truth, self-respect,  
austerity, thank non-injury  
are rooted in virtue. These  
really help men to attain  
God-realisation.

Love is a conquering force.  
Love is the Key to open any  
door. Cultivate Love.  
May God bless you, Sivananda